

Hafa Adai!

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\$1

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CNMI welcomes first Narita-Saipan direct flight in years

By **KIMBERLY B. ESMORES**
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REPORTER

United Airlines' first direct flight from Narita, Japan to Saipan lands at the Francisco C. Ada/Saipan International Airport at 1:37am last Friday morning carrying the first batch of Japanese tourists since the CNMI closed its borders back in 2020 due to the COVID-19 pandemic. Inset, Sam Shinohara, United Airlines managing director for airport operations for the Asia Pacific region, greets Japanese tourists.

KIMBERLY B. ESMORES

Over the weekend, after over two years, the CNMI celebrated the return of its Japanese tourists as well as United Airlines' very first Narita-Saipan flight.

See **FLIGHT** on **Page 4**

Torres: No other economic engine to revive economy

By **FERDIE DE LA TORRE**
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REPORTER

Gov. Ralph DLG Torres said Friday that there is no other

» **Asks people to treat tourists with nicest hospitality**

economic engine to revive the CNMI's economy if it's not to bring in airlines for the tourists to visit the islands.

"You know how much I

love Japan and our tourist destinations. Just diversifying our tourism destination is critical to our economy here," said Torres during a KKMP radio press briefing.

He said Thursday night one of the media asked him how
See **ECONOMY** on **Page 4**

DFS partners with CCA in cancer advocacy

By **CHRYSTAL MARINO**
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CORRESPONDENT

DFS Saipan officially launched its new charity campaign in partnership with the Commonwealth Cancer Association to raise cancer awareness in the CNMI as well as support those affected by the disease. The launching ceremony for DFS Cares was held at DFS' main

See **DFS** on **Page 4**



DFS Saipan and Commonwealth Cancer Association executive members pose for a photo following the launching of their latest charity campaign, DFS Cares, last Friday at the T Galleria by DFS in Garapan.

CHRYSTAL MARINO

COMMUNITY VULNERABILITY

LEGEND:

- Red: Least safe
- Orange
- Yellow
- Blue
- Green: Safest

Source: Office of the Governor

INSIDE



WORLD

Russians who came for a last look at former Soviet leader Mikhail Gorbachev on Saturday mourned both the man and his policies that gave them hope.

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HEALTH & FITNESS

Plenty of people choose to eat foods they know aren't very good for them.

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LIFE & STYLE

Barack Obama won an Emmy Award on Saturday to go with his two Grammys.

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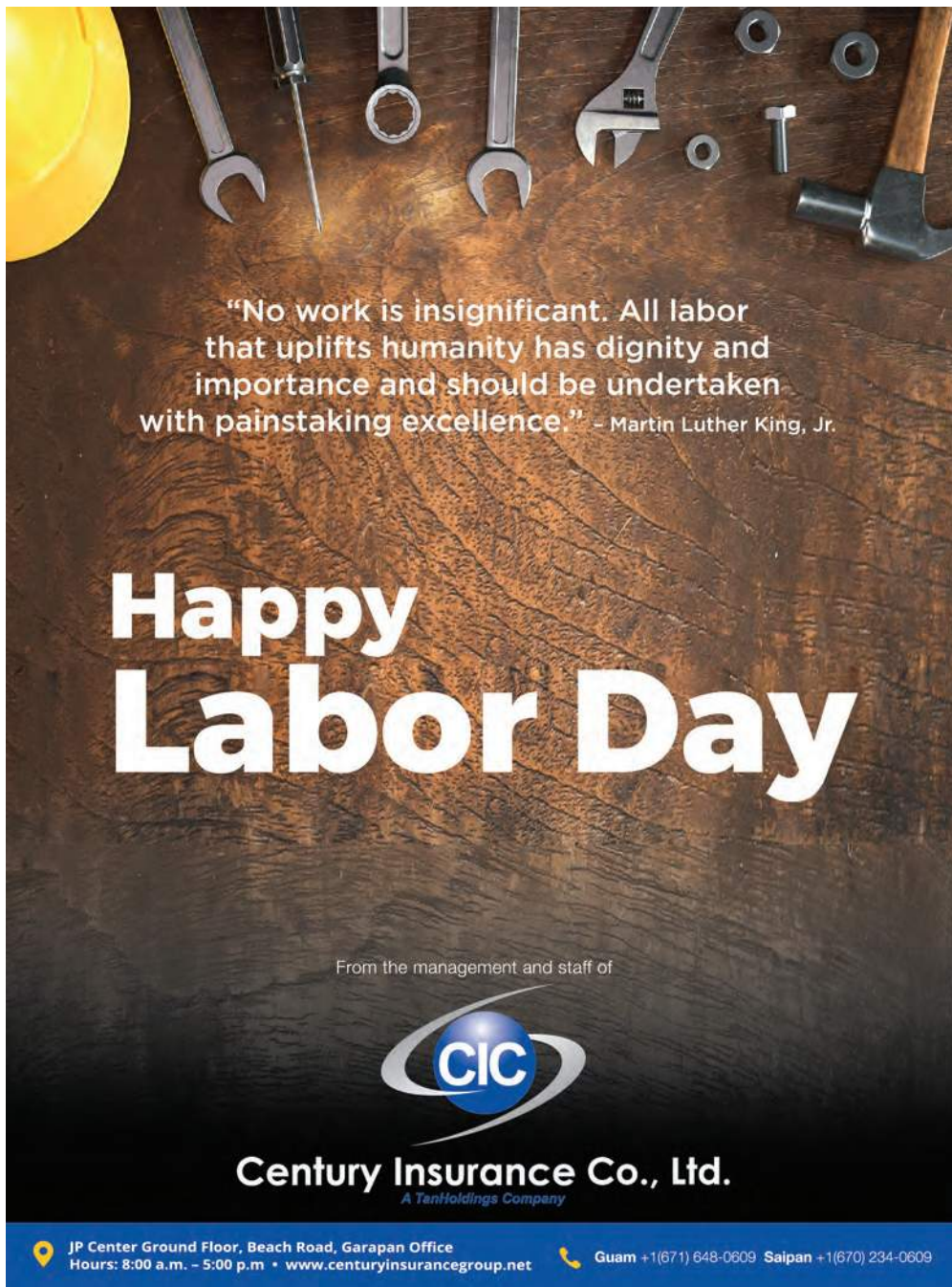


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"No work is insignificant. All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence." – Martin Luther King, Jr.

Happy Labor Day

From the management and staff of



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Local

Kilili: Application for student debt forgiveness until Oct. 31, 2022

By **FERDIE DE LA TORRE**
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REPORTER

Delegate Gregorio Kilili C. Sablan (D-MP) said Saturday that the White House announced that teachers, nurses, members of the military, and others in public service professions have until Oct. 31, 2022, to apply for total student debt forgiveness.

Sablan in his e-kilili newsletter also disclosed that on Tuesday, the U.S. Department of Education announced \$1.5 billion in debt relief for 79,000 borrowers who enrolled in any location of the now-closed Westwood College between 2002 and 2015, including its online program.

He said under the Public Service Loan Forgiveness Program, qualified applicants can have their school loans canceled after 10 years or more of working for the public good.

Last week, Sablan disclosed President Joseph Biden Jr.'s announcement that some borrowers may be eligible to receive up to \$20,000 in student loans forgiven automatically

» **USDOE announced \$1.5B in debt relief for borrowers who enrolled in the now-closed Westwood College**

because the U.S. Department of Education has their income data.

"If you do not know if the department has your income data, the Biden Administration will launch an application in the coming weeks," he said.

The delegate said those with federal student loans will have their freeze in payment extended through Dec. 31, 2022 with up to \$20,000 forgiven for eligible borrowers.

President Biden, Vice President Kamala Harris, and the U.S. Department of Education have announced a three-part plan, including the loan forgiveness of up to \$20,000, to help working and middle-class federal student loan borrowers transition back to regular payment as pandemic-related support expires.

The types of student loans covered are federal direct loans including a direct consolidation loan, and any of the

following loans:

- Federal Family Education Loans (FFEL)
 - Federal Perkins Loans
 - Federally Insured Student Loans (FISL)
 - National Defense Student Loans (NDSL)
 - Supplemental Loans for Students (SLS)
 - Health Education Assistance Loan (HEAL)
- Covered is also a combination of any such listed loans.

With respect to Westwood College, Sablan said the full discharge of former students' federal loans comes regardless of whether borrowers have applied for a borrower defense discharge, and will require no additional actions by the borrowers.

According to the Department's investigation, the school engaged in widespread misrepresentation about the value of its credentials for attendees' and graduates' employment prospects.

FOR GOV'T LAWYERS TO PRACTICE LAW SANS NMI BAR EXAM

JGO sets hearing on proposed rule increasing 4-year requirement to 8

By **FERDIE DE LA TORRE**
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REPORTER

House of Representatives Judiciary and Governmental Operations Committee chair Rep. Celina R. Babauta (D-Saipan) has set a public hearing on the CNMI Supreme Court's proposed rule that seeks to increase from four years to a maximum of eight years the time allowed for recruited government lawyers to practice law in the CNMI without requiring them to pass the NMI Bar examination.

At a House session last week, Babauta disclosed that the JGO Committee has confirmed that the public hearing with respect to the high court's proposed rule will be held on Sept. 22 from 6pm to 8pm at the Pedro P. Tenorio Multi-Purpose Center in Susupe.

She said notices will be sent for comments to the Office of the Attorney General, NMI Bar Association, Public Defender's Office, Micronesian Legal Services, and other entities.

Babauta said notices will be sent out also for other legisla-

tive initiatives that will be up for comments during the Sept. 22 public hearing.

CNMI Supreme Court Chief Justice Alexandro C. Castro informed the Legislature early last month that their proposed Rule 73-2 of Title 9, Rules of Admission provides for one four-year extension.

Castro said if adopted, the proposed Rule 73-2 will replace the previous rule and will increase the time that limited admission attorneys are able to practice in the CNMI from the current four-year requirement to a maximum eight years.

The chief justice said the proposed Rule 73-2 becomes effective 60 days after the submission, unless disapproved by a majority of the members of either Senate or House.

Castro said that, in order to retain and recruit experienced attorneys, the OAG, in consultation with the CNMI Bar Association, requested that attorneys with limited admission be able to extend their admission without having to take the CNMI Bar examination.



Let us save a day to honor you and your hard work.

Happy LABOR DAY

Hafia Adail
Saipan Tribune
THE CNMI'S FIRST DAILY NEWSPAPER

Man found guilty of shattering CPA cop's window sues CPA

By **KIMBERLY B. ESMORES**
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REPORTER

A man who was found guilty of shattering a Commonwealth Ports Authority officer's car window has filed a lawsuit against the officer with the District Court for the NMI alleging excessive force.

Shanguo Zhang, who was previously found guilty of vandalism for shattering a CPA officer's car window with a rock, is suing Ports Police officer Jason Cruz, in his individual capacity for excessive force.

Recently, District Court for the NMI Chief Judge Ramona V. Manglona found that Zhang's complaint has sufficiently stated a plausible Section 1983 excessive force claim for monetary damages against Cruz.

In his complaint, Zhang asserted 42 U.S.C. § 1983 claims for false arrest, excessive force, and deliberate indifference in violation of the Fourth, Eighth, and Fourteenth Amendments.

Zhang, who is homeless, alleged that on Jan. 27, 2020, he was arrested by a police officer whose identity was not

known at the time.

The officer did not give him a written document for his arrest, but he was detained for 94 days in prison, Zhang said.

Then in June 2021, he said he was again arrested several times at the Saipan airport by police officers stationed there.

Specifically, on June 4, 2021, he was arrested by officers Timothy Cruz and Frank Indalecio; on June 10, 2021, he was arrested by Stevie Cabrera and Timothy Cruz; and on June 14, 2021, he was arrested by Stevie A. Cabrera.

According to Zhang, for each of these arrests, he did not commit any offense, and the officers arrested him intentionally to harass him and to deprive him of his rights.

After each arrest, Zhang said he was placed in prison for a short period of time and released without being charged.

See MAN on Next Page

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HAPPY LABOR DAY MARIANAS

Happy Labor Day, CNMI!

This Labor Day, as we take some time off to spend with our families and friends, let us also remember that we, too, are one family working in collaboration to build a safer and more prosperous Marianas.

On behalf of the Commonwealth, thank you for all that you do. Your immeasurable contributions to the CNMI are greatly appreciated.

My family, staff and I wish you a safe and wonderful Labor Day, Marianas!

CNMI sees 20-cent drop in fuel prices

By **KIMBERLY B. ESMORES**
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REPORTER

Just days into September, the

ECONOMY

From Page 1

confident the administration is that the partnership arrangement with United Airlines to have these Japan-Saipan direct flights will last.

“I said this is what we do. We know how important the airline is and how important the Japan market is. And it is us too in the government and the private sector and our community to welcome our tourists and treat them with the nicest hospitality and treat them good,” Torres pointed out.

He said to get the people of the Marianas opportunity to grow or revive the economy all starts with bringing in the airlines.

“Because we can sit all day and talk about let’s do this, let’s do that. But are we bringing in new money, new investments coming in?” said governor said.

Torres said the more airlines the CNMI has, it is inevitable to have a good economy, the more opportunity for other people to get hired, and potentially even increase in salary.

He said they are putting every ef-

CNMI saw one of its largest rollbacks in fuel prices with oil companies across Saipan reducing its fuel prices by 20 cents.

fort to present new airlines not just from the Japanese market but new ones like Australia, and perhaps bring back the Philippine market as well.

Torres commended the Marianas Visitors Authority team led by its executive director Priscilla M. Iakopo, MVA board members spearheaded by chairwoman Viola Alepuyo, MVA Travel Resumption Investment Plan chair Ivan Quichocho, COVID-19 Task Force chair Warren Villagomez, MVA Japan, and United Airlines for bringing back the Japan-Saipan direct flights possible.

He also gave his appreciation to Finance Secretary David DLG Atalig for his critical role in the CNMI-United Airlines partnership.

Torres said they had a nice welcoming inaugural flight reception at the Saipan airport Thursday night, where the MVA and Commonwealth Ports Authority showed a good support system.

“I want to thank CPA executive director Chris Tenorio and CPA board chairwoman Kimberlyn King-Hinds for bringing out the whole team. We had some [cultural] dancers last night. Beautiful

Last Saturday, oil companies on Saipan reduced its fuel prices by 20 cents with regular fuel now at \$5.41 per gallon from \$5.61.

turnout,” the governor said.

Torres said he was happy to see Japanese friends, who have been here for a long time, continuing to show support, where it’s PDI, Tasi Tours, or just general managers from hotels, or just simply Japanese nationals who have been coming to Saipan, Tinian, or Rota for the last couple of decades.

He said bringing in the Japan market through United Airlines is one factor as the other factor is having the access for people from the states come here with direct flight from Japan and not necessarily overnighing in Guam, or vice versa.

The governor said it’s also convenient for people here in the CNMI leaving Saipan to go to the U.S. mainland and not staying all day and overnight in Guam.

He said during the inaugural flight, there were people from North Carolina, Las Vegas, and different parts of the United States, some for returning home and some for family death.

“It just shows the easier access to come to Saipan especially during those troubled times,” Torres said.

and CNMI stakeholders for working together to help make this flight possible.

“I’d like to thank MVA, the entire team from managing director Priscilla [Iakopo], to chairwoman Viola [Alepuyo] of course, our United partners. But more so to our Japanese friends, families, and tourists. I want to thank them and to welcome them. We look forward to a very successful partnership and again, to bring them back. Also to our business partners here in the CNMI, this is what drives our economy, our tourism. So this is one step again, to bringing back our income,” he said.

In an interview with Sam Shinohara, United Airlines managing director for airport operations for the Asia Pacific region, he echoed what Torres stated that last Friday was really a significant day for United Airlines, and for the CNMI community at large.

“It’s our very first direct flight service between the CNMI and Japan, and we’re really excited about it. It’s gonna take a lot of hard work to get the airplanes full, because not all of the restrictions in Japan are lifted. But over the course of the last couple of weeks, we’ve got some good news and we’re starting to see some forward momentum. We’re really excited about that. So this flight has a bright future ahead of it,” he said.

Meanwhile, in an interview with MVA managing director Priscilla Iakopo, she said the success of bringing back the Japan market in the CNMI can be attributed to team work between MVA, the administration, United Airlines, the Commonwealth Ports Authority, and many other agencies within the community who offered help in one way or another.

“This was teamwork. MVA can-

not just take all the credit for this. CPA, of course, we work hand in hand. We all want to make sure that our people, our community do not go through another hardship of losing jobs, shortage of hours, and so that was our goal. Tourism is our only economic driver. We want to make sure that we did everything we can, we didn’t want to leave any stone unturned. We knew it was risky, but like we said, there’s a reason why we call this TRIP, it’s a Tourism Resumption Investment Plan,” she said.

In an interview with CPA chair Kimberlyn King-Hinds, she said she is so proud of what the CNMI has been able to accomplish in terms of tourism and she is excited for what’s to come.

“This is monumental. When you kind of think about just being able to reconnect Japan and the CNMI. That’s been something that MVA has been working really hard on. In 2018, with the launch of Skymark, we anticipated that that was going to be that link, but then unfortunately, the pandemic happened. Obviously, the market shut down. But getting this back online is not just about revenue, but it’s connecting people. For us here who live in this community, we’re so remote and isolated, so it’s a direct link. But then there’s also the economic benefit. More tourists means more jobs and more revenues and honestly, if we’re not talking about generating revenue for this economy, in anticipation of these federal funds running out, then what are we talking about? So this is the fruit of the hard work and the labor that MVA has put into reviving the tourism industry and infusing revenue into the economy. So congratulations, MVA, I’m really excited. I’m really proud,” she said.

Mobil Oil Marianas, aside from reducing its regular or Extra fuel to \$5.41, also reduced its Supreme fuel from \$6.06 per gallon to \$5.86 per gallon, while Diesel increased by 10 cents from \$6.58 per gallon to \$6.68.

The CNMI has seen a consistent downward trend in fuel prices for the last two months.

Starting on the first week of July, the CNMI saw a series of rollback with fuel dropping from \$6.56 per gallon of regular fuel from the beginning of the month, to now at \$5.71.

The first rollback was seen on July 4, with local oil companies reducing its prices by 15 cents from \$6.56 to \$6.41. Then, just 24 hours later, in the early hours of July 7, the CNMI saw the largest rollback by far when oil companies dropped their prices by 25 cents from \$6.41 to \$6.16. The third rollback of July was seen last July 14, with fuel prices dropping to \$6.01. The fourth

rollback was seen last July 20 with fuel dropping another 15 cents from \$6.01 to \$5.86. Then, just six days later, on July 26 the last rollback for the month of July brought fuel down from \$5.86 to \$5.71.

The most latest rollback was seen around the first week of August when fuel went from \$5.71 to \$5.61.

According to a 23-year-old local motorist, she said she just hopes the trend continues.

“I don’t want to jinx it, but I’m really hopeful that this trend continues or at least the gas stays as it is now,” she said.

Another motorist said that he only hopes that the continuous reduction in fuel prices reflects on his utility bill.

“Now if only the Commonwealth Utilities Corp. would follow suit. Gas has been going down for months but my power has not. I just hope we see the same reduction in our power bill soon,” he said.

DFS

From Page 1

location in Garapan.

“From Sept. 1 to Oct. 31, DFS will leverage its retail networking on Saipan to promote cancer awareness, information about CCA and services, provide a mechanism for customers and our staff to be able to contribute,” managing director of Mid-Pacific of Guam, Saipan, Japan Korea’s DFS Richard Gustafson explained in his opening remarks.

He explained that for any purchase of the selection of DFS Cares products, DFS will donate \$5 toward the CCA this year. Also the purchasing customer will also be able to participate in a stamp rally and will have the opportunity to win exclusive prizes from several of DFS’ business partners, including The Shack, Grandvrio Resort Saipan, and Hyatt Regency Saipan.

Along with celebrating the opening of the community charity, CCA also was able to reveal its new logo. CCA’s Social Media and Marketing coordinator Viveka Rose Castro unveiled the organization’s new emblem, a bird of paradise flower; but instead of the familiar bold red and orange colors, each petal of the flower is filled with colors specifying different cancers that affect our community.

“It really represents how our survivors’ journeys are different, depending on your diagnosis, or you as a person, but we are all united, and stand united under this logo... and it kind of just shows that we as a community, as a whole, everyone who recognizes this flower, we stand in solidarity.” Castro also thanked Frank Elliptico and the Northern Marianas College marketing team that designed the logo.

In a post-ceremony interview with *Saipan Tribune*, Gustafson, explained that he had also lost his wife to cancer, and gave an expanded depth on the company’s goal, and heart behind the charity motivation.

“My family and I have been affected by cancer, and so I’ve always been interested and thought a lot about how we could do good as a big company, and I think that ‘big isn’t good, unless big does good.’ So we always aim to be not just a big company that serves our own interest, but think first about what we can do for the community, and in particular those that are suffering, those that are struggling; and through my own experience I can’t think of anything more destructive and devastating than either having cancer yourself, or a loved one, a wife, husband, child, you know a relative... so this is a way for us to really give back to this community that has done so much for us, and especially coming out of the pandemic where people are already struggling in so many different ways. We’ve been very blessed by Saipan so it’s a way for us to kind of give back to this really important charity.”

Gustafson also stated that the DFS Cares program will continue on in the future, and that the goal of the program was to consider and find ways to give back to the community. He stated that just as the company is working with CCA this year, they are also expecting to expand the number of charities they work with and contribute to, in the future. “We’re really looking forward to working together on this important initiative” Gustafson added

A longer version of this story
is available at
www.saipantribune.com

MAN

From Page 3

even though Zhang was not resisting, resulting in physical injuries to Zhang.

He said officers confiscated his signboards and never returned them to him.

While in prison, Zhang said he was mistreated, assaulted twice, and did not receive the medical treatment that he needed, including for a fever above 40 degrees Celsius.

On June 15, 2021, Zhang threw a rock at a window at the Saipan airport to protest his mistreatment and then presented himself to be arrested.

Zhang’s complaint stated that officer Jason Cruz used force and violently pulled Zhang to the ground,

Amata lauds US decision not to impose citizenship

PAGO PAGO, American Samoa—Congresswoman Uifa'atali Amata is in support of the administration of President Joe Biden's decision not to impose U.S. citizenship to U.S. nationals in American Samoa.

"I am gratified that the Biden administration has once again supported our territory's legal position by urging the Supreme Court to allow the Appeals Court ruling to stand. The U.S. officially opposes imposing citizenship on U.S. nationals. This is consistent with prior presidential administrations, and the courts have time and again ruled in favor of American Samoa's obvious right of self-determination. Whether the Supreme Court takes up the case or not, we are highly confident they will support the repeated findings of prior rulings sustaining American Samoa's self-determination, and by extension, our right to preserve our fa'a Samoa. Thank you to attorney Mike Williams and his team for ably and successfully representing American Samoa at every step of this important case."

History and background

In 2021, special interest lawyers for three plaintiffs in the case of *Fitisemanu v. United*

States joined other special interest lawyers in another territorial law case and in Congressional hearings to lobby Congress and the White House. These lawyers, focused on a national agenda, demanded that President Biden condemn the Insular Cases and thereby abandon the unincorporated territory status of our homeland.

In 2021 and now again in 2022, and in keeping with longstanding U.S. policy regarding American Samoa, President Biden has rejected the demand for courts to decide territorial status issues, instead recognizing congressional capacity to address the territorial policy issues raised in these failed court cases.

Now, the U.S. Department of Justice is once again joining American Samoa in arguing on behalf of the American Samoa Government as parties in the U.S. Supreme Court case, and asking the U.S. Supreme Court to recognize and confirm that the people of American Samoa, and the Congress not the courts, have the responsibility to define political status of territories under federal law, based on self-determination in the territory. **(PR)**



"There is no substitute for hardwork."
- Thomas Edison

★ ★ ★ ★ ★
**HAPPY
LABOR DAY**



From the Office of Senate President
Jude Untalan Hofschneider
and the Members of the 22nd Senate
Commonwealth Legislature and staff

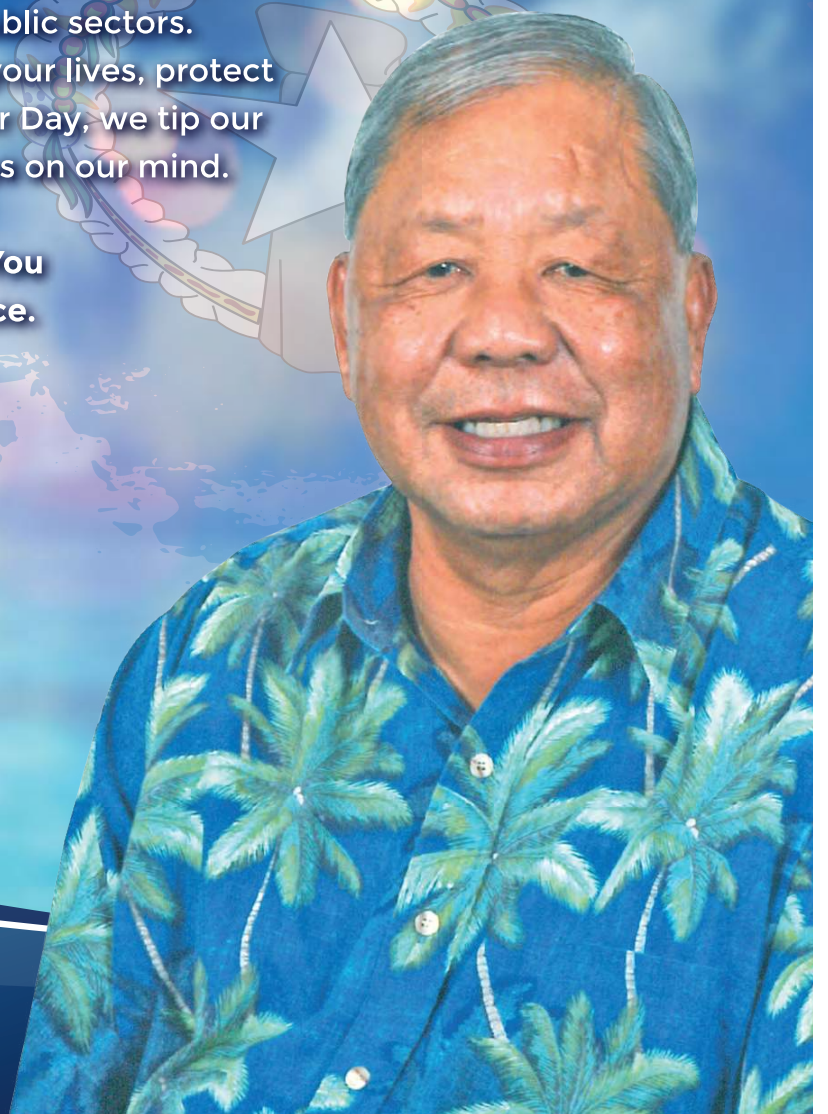


Our Commonwealth has become and continues to become a great place to live, raise a family, operate a business, and relax, a place built from the labor, care, and dedication of all employees in the private and public sectors. We are committed to continue doing what we can to improve your lives, protect your jobs, and create great opportunities for growth. This Labor Day, we tip our hats to you and want you to know your best interest is always on our mind.

**Si Yuus Maase, Ghilisow, Salamat po, and Thank You
for making our Commonwealth a wonderful place.**



DAVID M. APATANG
MAYOR OF SAIPAN AND STAFF



Expedia, MVA partner to promote CNMI as destination

By **KIMBERLY B. ESMORES**
kimberly_esmores@saipantribune.com
REPORTER

The Marianas Visitors Authority is currently working on a partnership with Expedia in an

effort to promote the CNMI now that weekly flights from Japan to Saipan have launched.

Last Monday, MVA officials traveled to Japan to meet with Expedia's Maho Ueda, Busi-

ness Development manager for Northeast Asia; and Saori Suzuki, senior media specialist.

Following last Monday's meeting, MVA and Expedia officially established a part-

nership and have agreed to collaborate and work together to ensure they work together in promoting the CNMI, not just for the recent promotional push, but for the long haul.

As of Thursday, Expedia has begun its campaign to promote the CNMI.

During the meeting, Travel Investment Resumption Plan chair Ivan Quichocho discussed the Y10,000 agency incentive and discussed Expedia's platform and how to track sales so that Expedia can be paid for the incentives.

The Y10,000 agency incentive means travel agents will get a Y10,000 incentive for all travels booked to Saipan.

Discussions were also had about how best to approach

Expedia's participation in promoting the CNMI.

"MVA is committed to working with Expedia on ways to ensure there is a great working relationship between Expedia and the CNMI," Quichocho said.

In addition, Quichocho explained that there currently are sea-air-land promotional activities for Japanese tourists in place.

The promotion will provide for free scuba diving (sea), golfing (land), or skydiving (air) for anyone booking a flight to the CNMI.

"Expedia commented that the CNMI's promotional packet is very generous and are hopeful that it will lead to a successful campaign. The free Air-Sea-Land promotion will create a lot of chatter for tourists," Quichocho relayed.

For Expedia's part, the platform representatives shared that they conducted a study of their users and learned that tourists are more interested in destinations that showcase nature.

They also shared some results from their online platform for the Micronesia region.

In response to this, Quichocho explained the natural beauty of the CNMI and how it is comparable or even better than other destinations in the Pacific. Some of the points made by Quichocho were Saipan's pristine golf courses, Tinian's many dive spots, and Rota's array of flora and fauna.

Meanwhile, MVA also managed to establish a partnership with Reiwa Travel DBA Newt, an online tourism promotional platform company.

Newt, in the form of an online app, will feature, promote, and market the CNMI as a destination. The company's local operator is TASI tours. Newt and TASI have real time access to booking hotels and optional tours.

The company has already signed up for the incentive program to help sell the CNMI as a destination.

According to MVA, company officials of both platforms have been invited to join the next Familiarization Tour so they can personally experience all that the CNMI has to offer.

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Attorney for Claimant Bank of Guam

IN THE SUPERIOR COURT FOR THE COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

• Civil Action
IN THE No. 22-0199
MATTER • NOTICE OF HEARING ON
OF THE • PETITION FOR LETTERS OF
ESTATE OF: ADMINISTRATION;
IVAN A. BLANCO, • NOTICE TO CREDITORS

Decedent. • Date: September 22, 2022
Time: 10:00a.m.
• Judge: Joseph N. Camacho

TO: THE GENERAL PUBLIC, ANY HEIRS,
CLAIMANTS, OR CREDITORS OF THE LATE IVAN A.
BLANCO OR OF HIS ESTATE:

NOTICE IS HEREBY GIVEN that Petitioner, Marcie M. Tomokane of Saipan, CNMI ("Petitioner"), has petitioned the Superior Court of the Commonwealth of the Northern Mariana Islands for Letter of Administration of the Estate of Ivan A. Blanco, Decedent. The attorney for Petitioner is Robert T. Torres, Esq., whose address is Plata Drive, Chalan Kiya, P.O. Box 500730, Saipan, MP 96950.

The hearing on the Petition for Letters of Administration by Marcie M. Tomokane, as Petitioner, is scheduled to be heard on September 22, 2022, at 10:00 a.m. at the Superior Court of the Commonwealth of the Northern Mariana Islands, Guma' Hustisia, Civic Center, Saipan, Commonwealth of the Northern Mariana Islands. All interested persons or entities should appear at this hearing.

Any and all persons, creditors or entities having claims against the Decedent or her estate are hereby required by law to file their claims with the Clerk of Court within Sixty (60) days of this publication, or the claim(s) will be barred. A copy of your claim should also be sent to ROBERT TENORIO TORRES, Attorney at Law, at the address herein-above indicated.

Dated this 31st day of August 2022.

/s/
Clerk of Court/Deputy Clerk

PROCUREMENT SERVICES CNMI GOVERNMENT

INVITATION TO BID

ITB NO.: ITB22-DPL-42200154

SUBMISSION DATE: September 22, 2022 TIME: 9:00 A.M.

"Insurance Annual Premium for DPL Saipan, Rota, & Tinian Offices

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THE PROVISIONS OF THE CNMI PROCUREMENT REGULATIONS, NMIAC SECTION 70-30.3-725 AND 70-30.3-730 PROHIBITING GRATUITIES, KICKBACKS AND CONTINGENT FEES SHALL APPLY.

THE CNMI GOVERNMENT RESERVES THE RIGHT TO REJECT ANY OR ALL BIDS, OR PORTIONS THEREOF, AND WAIVE IMMATERIAL DEFECTS IF TO DO SO WOULD BE IN THE BEST INTEREST OF THE CNMI GOVERNMENT.

/S/ SIXTO K. IGISOMAR
SECRETARY OF DPL

/S/ FRANCISCO C. AGUON
ACTING DIRECTOR, P.S.

"The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand."

— Vince Lombardi

HAPPY Labor Day

FROM THE MANAGEMENT
& STAFF OF



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RELAX ON

Labor Day

HAPPY BIRTHDAY TED



LOCATIONS

Gualo Rai Branch
Mon-Fri : 9am-6pm
Sat: 9am-1pm | Sun: CLOSED
101 Akari Building
Gualo Rai, Middle Road, Saipan
brabuotc@gmail.com
Phone: (670) 233-2668 (AMOT)

Kagman Branch
Mon-Fri: 8am-5pm
Sat-Sun: CLOSED
Next to Ling Lin Market
Kagman, Rte. 34, Saipan
brabuotc@gmail.com
Phone: (670) 488-2668 (AMOT)

Dandan Branch
RJ Building
across JoeTen DanDan
Mon-Fri : 9am-5pm
Sat: 9am-1pm | Sun: CLOSED
brabuotc@gmail.com
Phone: (670) 235-2668 (AMOT)

brabupharmacy.com

There is joy in work.
There is no happiness except in the realization
that we have accomplished something.” — Henry Ford

HAPPY Labor Day



HOUSE MINORITY LEADER
ANGEL A. DEMAPAN
22ND NORTHERN MARIANAS
COMMONWEALTH LEGISLATURE



Shirley's COFFEE SHOP

Home of the Best Fried Rice

“To the new hero of the world, thank you. We will never forget
what you have contributed to the country and to the workplace
you specifically worked with. Our appreciation belongs to you
because you all deserve it.” — Anonymous

• H A P P Y •

Labor Day

Garapan: Tel: (670) 233-4519/20 Sun - Wed 6am - 10pm, Thurs - 6am - 2am, Fri - Sat - 24 hrs
Susupe: Tel: (670) 235-5379/80 6am - 10pm daily

 shirleyscoffeeshopfanpage  shirleyscoffeeshop

Opinion

Hafa Adair

Saipan Tribune

THE CNMI'S FIRST DAILY NEWSPAPER
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EDITORIAL

Alarming evidence of pandemic backsliding underlines the need for effective instruction now

The gold-standard measure of educational trends has the word “progress” in its name. But the National Assessment of Educational Progress unveiled Thursday showed nothing but slippage over the last two years. Students saw the largest average decline in reading since 1990 and the first drop in mathematics ever measured in the half-century-old test.

We don’t speak often of educational emergencies, but America has one now.

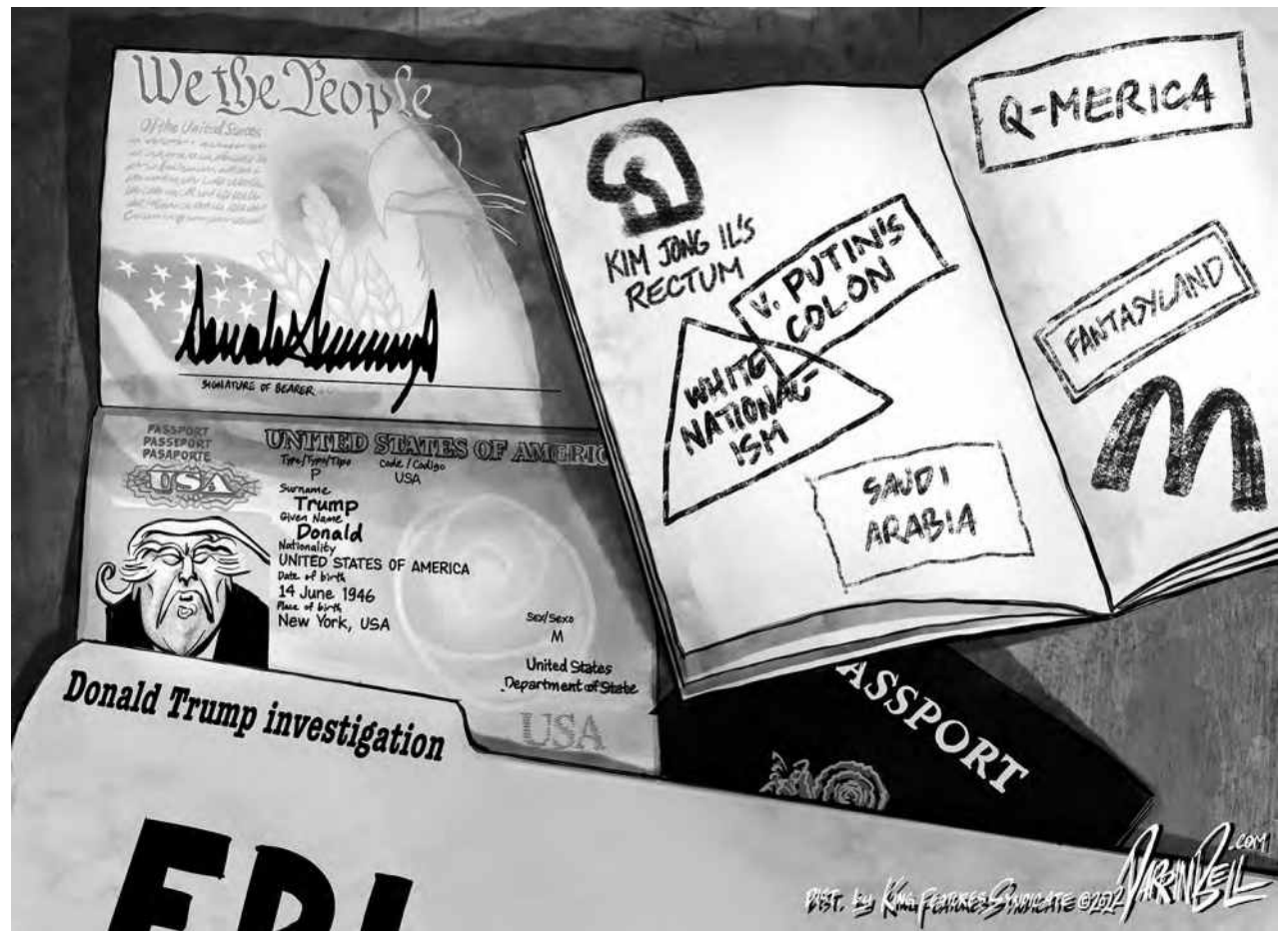
A half-true refrain is that the pandemic caused this. While COVID-19 created tremendous challenges for schooling, decisions by adults exacerbated them. It is now incumbent on those same adults to make strategic investments that will enable kids, and especially the low-income kids most harmed over the past two years, to regain their lost foothold.

The biggest mistake of the pandemic, anyone with a brain can see in clear hindsight, was the closure of too many schools for far too long. Remote learning was a lame substitute for the classroom, especially for kids who were struggling to learn in the first place and also happen to come from more troubled homes. Yet, including here in New York, it was those very kids who wound up settling for remote learning for significant stretches.

Nationwide, stubborn racial achievement gaps grew. And students in the bottom 10th percentile dropped by 12 points in math, quadruple the learning loss of those in the top 10th. Anyone enraged about the rich getting richer and the poor losing ground during times of economic stress should be equally furious about this injustice.

Here in New York, the progressive prescription du jour is across-the-board reductions in class sizes. That would commit precious billions to an intervention with far too little impact. The far smarter course is to deliver much more learning time, in the form of longer school days and years, especially to the kids who’ve lost the most.

Education, once given, can never be taken away. Never given, it represents a robbery of future potential. On this scale, it’s a crime no less serious than many of those that grab daily headlines.



The Korean Peninsula remains heavily militarized

North Korea is a nation that has required military service of its citizens and is home to one of the world’s largest militaries in terms of total active-duty headcount. The United States and South Korea on a combined basis have hundreds of thousands of troops on the Korean Peninsula.

The American-South Korean partnership continues to persist despite military exercises being suspended by the United States when Donald Trump was in office. The United States remains the final authority on how war will be led and fought in union with the South Korean armed forces should hot war break out on the Korean Peninsula. Working through early warning ballistic missile launch and tracking tasks constitute one piece of ongoing bilateral military exercises.

There are thousands of Koreans who wish to see a reunification emerge on the peninsula because of family ties involuntarily severed decades ago. The South Korean government is sympathetic to seeing its citizens find some closure with relatives in the North.

Yet, based on the existing political structures and alliances that the South Koreans have with the United States and the alliances that the North Koreans have with Russia and China, a peaceful concrete resolution to the reunification of the Korean Peninsula is unlikely.

South Korea, with U.S. backing, has offered North Korea economic and humanitarian aid multiple times, with the condition that the North stops its nuclear weapons development program. As we are aware, this has not happened.

The North Koreans would benefit in some ways if they accepted aid from South Korea because millions of dollars would go towards improving the total infrastructure of the DPRK, towards improving agricultural productivity, towards natural resource swaps and exchanges (i.e. food importations in exchange for North Korean coal and natural resources) that will help DPRK’s population, as well as possible lifting of United Nations economic sanctions.

North Korea, however, continually interprets western overtures as an effort to further pressure its leaders into giving away the country’s political power and ability to govern itself. North Korea as we know, has balked at our solicitations and is currently preparing its seventh series of nuclear bomb testing.

North Korea activity

Because North Korea has remained a decidedly isolated, and permanent police nation state, it continues to find ways to bring in cash into its economy through cybercrime, arms deals, drug deals, sophisticated counterfeiting operations, prostitution, and other illicit activities.

North Korea remains ravaged in poverty due to the cumulative effect of natural disasters, limited national infrastructure amid tight government and technology controls, and food shortages,

RICK’S COLUMN

By RICK ARRIOLA PEREZ
Special to the Saipan Tribune

Rick Arriola Perez is a U.S. military veteran who has worked for the U.S. Department of Defense, the Bank of Hawaii, and the government of Guam. He holds several degrees including ones from University of California Los Angeles and the U.S. Naval War College in Newport, R.I. Rick is passionate about national security and foreign affairs in the Pacific Asia region and runs a blogsite called Guam Affairs at guamaffairs.substack.com. For more information, contact Perez at rckp7839@gmail.com.



keeping most citizens poor, uninformed, and compliant.

The United States has placed a host of sanctions on North Korea in response to its desire to not be a party to the United Nations efforts to enter formal arrangements to stop the proliferation of nuclear weapons program development.

What our Chamorro Pacific Islander people should know

North Korea has and continues to develop an elite cadre of computer savvy workers who engage in state sponsored hacking and stealing. A tiny portion of this cadre are assigned throughout Asia including the Republic of the Philippines and elsewhere, working in clandestine operations.

We should remember that the current overall geopolitical and foreign affairs infrastructure in place was hatched after the end of World War Two. We should remember that this overall framework has generally keep peace in this region, but at the same time, has caused environmental destruction from years of atomic bomb testing by not only the United States, but by European powers such as France and the UK.

We should consider once again that a large part of the ongoing political warfare between North Korea and the west is found throughout the cyberspace realm and that this kind of warfare can result in DPRK or China taking down the total infrastructure functionality of the Marianas Islands.

The problems of North Korea are clear; finding and implementing lasting solutions with the west that are acceptable to China, Russia, the United States, Japan, and South Korea are not. Structural opposing forces remain entrenched and will not go away anytime soon. This remains a core reason why the militarization of our overall region and our Marianas Islands chain remains so stark.

EDITORIAL POLICY

Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

How can we improve humanitarian aid to Ukrainians? Let them control it

Vladimir Putin clearly didn't expect the strong military resistance Ukraine was able to field when Russian forces invaded six months ago. Nor did Russian leaders expect the Ukrainian state and society to hold together under the sudden onslaught of violence. But hold together they did. Ukrainian civil society, volunteer networks and local officials sprang into action, launching one of the largest humanitarian responses under fire in modern history. Together, Ukrainians housed, fed and moved millions of their fellow citizens to safety.

The initial relief operation was so successful because it was organized and led by Ukrainians. This may seem like common sense. But, during a war, humanitarian assistance is often delivered by international aid agencies. For years, the aid community has promised to put local entities in charge of these efforts.

The "Grand Bargain" that many donor countries and aid organizations agreed to in 2016, along with a more recent international push, is trying to place the decision-making and resources into the hands of those in communities in crisis. Ukraine offers the aid community a golden opportunity to finally make good on these commitments.

Unfortunately, six months into the Russian invasion, this opportunity may be slipping away.

It is becoming increasingly difficult for the largely volunteer efforts to sustain themselves. This may seem odd as state donors have generously pledged support for Ukraine. More than \$12 billion, mainly from the U.S. and Europe, is making its way to help Ukrainian citizens inside the country. However, almost all the money is flowing first to international aid agencies. Next to nothing is going directly to the Ukrainians who led the initial response.

As donations flood in, United Nations agencies and international nongovernmental organizations are supersizing their own budgets and staff. Dozens of foreign NGOs have grown from tiny footprints in Ukraine to multimillion-dollar operations. The result is an aid economy in which comparatively costly foreign humanitarian organizations hold the purse strings and make the decisions. At the main humanitarian coordination forum in Ukraine, only two of the 19 representatives are from Ukrainian organizations.

As the new aid economy gathers pace, international aid agencies are scrambling to partner with Ukrainian groups. However, the partnering process is proving challenging. Ukrainian groups can clearly deliver aid, but few have experience in navigating the humanitarian aid bureaucracy and requirements. This leads international agencies to compete for a handful of well-positioned Ukrainian groups that are skilled in dealing with foreign donors. The result is predictable overlap, missed opportunities and bottlenecks.

Some humanitarian workers are also concerned about the

growing diversion of talented Ukrainians who are in the middle of a headhunting scrum launched by many foreign aid agencies. The prospect of high salaries and careers at international organizations is siphoning talent away from local groups as well as vital government functions. This trend could hollow out Ukrainian institutions.

As a result, several Ukrainian and international experts are urging a swift change of course. In an open letter released in July, dozens of Ukrainian and foreign groups declared that donors should insist that international agencies work toward strengthened local leadership, including choosing Ukrainian NGOs as the main recipients of humanitarian grants.

Nothing about this challenge is new. Donors and international aid agencies have long wrestled with how to avoid building parallel administrative systems while running a major humanitarian response. These systems can undermine national institutions and citizens' ownership of aid delivery. Ukraine has a strong state, a relatively robust social safety net and a rich civil society that includes the hundreds of NGOs that were the main reason the initial aid response worked. Collectively, these institutions offer an ideal chance to avoid the mistakes of the past.

Nevertheless, donors are falling back into old habits. Take cash assistance, one of the better ways to reach those who need aid. Rather than routing all the money through Ukraine's existing social safety net, donors are also sending hundreds of millions of dollars to more than half a dozen international aid agencies who in turn are building multiple cash assistance programs of their own.

Why is all of this happening?

One major reason often cited for working through international aid agencies is concern over public sector corruption in Ukraine. In addition, donors such as the U.S. and the European Union are still ill-equipped, politically disinclined — and often legally prevented — from directly funding local groups. As a result, international NGOs and U.N. agencies end up serving as intermediaries even in a country like Ukraine where the combined capacities of the public, private and civil society sectors are high.

To further complicate matters, there appears to be a high degree of aid mixing between civilian and military beneficiaries by some local groups. This violation of the core humanitarian principle of neutrality is sparking serious concerns among international aid agencies over how they can develop local partnerships while maintaining their own principled role.

Before the problematic aid practices of the past get baked in, foreign donors should craft a plan to put Ukrainians in charge of the humanitarian response in their own country. This would turbocharge efforts to train Ukrainian organizations to deal directly with donors. It could also set out specific steps for donors

By **HARDIN LANG**
and
NICHOLAS NOE
Los Angeles Times



Hardin Lang is the vice president of Refugees International and Nicholas Noe is a consultant for Refugees International.

to relax their own complex requirements to make it easier to get aid directly to Ukrainian organizations.

Donor requirements are designed to ensure accountability and effective aid delivery. But Ukrainian groups have already proved themselves to be effective. What's more, Western governments have adopted a "no regrets" approach to arming Ukraine, despite the very real risk of diversion of security assistance. So it should be politically possible for Western governments to take similar risks when it comes to humanitarian assistance and get it directly into Ukrainian hands.

Donors should also try to deal with corruption head-on rather than build foreign systems to work around. They should surge support to improve the transparency and accountability of the Ukrainian public sector even as they localize aid. This may sound daunting, but there is reason for optimism: Ukrainians broadly want to tackle corruption, and the highly digitalized country could rapidly put anti-corruption systems in place. Finally, the current donor bill for humanitarian aid is hefty, but it will pale in comparison to future budgets for reconstruction. It behooves everyone to address corruption now so Ukraine can be prepared to rebuild in the future.

Admittedly, there is no silver bullet for the complicated issue of aid mixing between military and civilian beneficiaries. But donors can prioritize Ukrainian organizations willing to deliver aid according to international humanitarian norms. International aid agencies can help by providing local organizations with technical advice and guidance.

Six months into this war, the aid community has reached a critical juncture. Budgets and practices are getting ever more fixed and resistant to change. Putting aid in Ukrainian hands, with some know-how from the outside, will empower Ukrainians and strengthen their civil society and state. It will also show that humanitarians have the capacity to change course — and do what everyone has long thought best.

This Labor Day, support the union wave

This Labor Day, we're thinking about the people who make our picnics possible. People like Marielena, who works in a poultry plant in North Carolina. More than two years into the COVID-19 pandemic, the workers "do not have sufficient time to even disinfect our hands," says Marielena.

That's just one of the preventable hazards faced by workers processing the meats we'll be sizzling on our grills this weekend. Several of her co-workers, Marielena reports, "hurt themselves lifting because the floors were wet. There were chemicals; they have cuts and the velocity [of the line] is so fast [but] the supervisor comes and yells at us to move faster."

Marielena tells her story at WorkedUp, a new platform hosted by the National Council for Occupational Safety and Health, where we are co-executive directors. WorkedUp highlights testimony from workers standing up for better work conditions. But she prefers not to use her real name due to the very real threat of employer retaliation.

Joining together to make things better, from a bake sale to a barn-raising, is a longstanding and heartwarming American tradition. But when workers get together, watch out: Employers routinely violate federal law, reports the Economic Policy Institute, by harassing or firing workers involved in union organizing campaigns.

That's what happened to Alyssa Sanchez, a Starbucks barista in Phoenix, who was fired after she helped organize her workplace. "They're just trying to get rid of all the people who want to unionize," Sanchez says, adding that "we just want to make work a better place."

Employers like Starbucks have used illegal discipline mea-

sures, firings and even store closings for decades to dissuade workers from organizing. But this bullying behavior doesn't work so well when workers are fed up with jobs that put them at risk but don't pay the rent. Starbucks workers have won more than 200 union elections nationwide while losing only a handful.

We're inspired by Starbucks workers and those at Apple, Amazon, Trader Joe's, REI and other corporate retail giants who are transforming the U.S. labor movement. As safety advocates, we know how important a union can be. More unionized workers results in fewer traumatic injuries and fewer deaths in high-risk industries like mining and construction.

Right now, however, only 6% of private-sector workers in the United States have union representation. Let's say the current surge in organizing is successful and unions recruit twice as many members as they have now. That would still leave 88% of private sector workers — more than 97 million people — without the protections that go along with a union contract.

Union or non-union, all workers deserve fair pay and decent working conditions. That's why we need public protections that apply to all workers, like the safety standards on extreme heat now in effect in California, Oregon, Washington and Minnesota. Local committees on occupational safety and health, known as COSH groups, are crucial to winning these policy victories.

Our organization provides training and resources to win safety improvements for all workers, regardless of union status. Nonprofit worker centers, which provide legal and advocacy support, are also an important resource, especially for immigrant and undocumented workers who are uniquely vulnerable to employer retaliation.

By **JESSICA E. MARTINEZ**
AND **MARCY GOLDSTEIN-GELB**








Jessica E. Martinez and Marcy Goldstein-Gelb are co-executive directors of the National Council for Occupational Safety and Health (National COSH), a network of local worker health and safety coalitions and convener of the new WorkedUp platform.

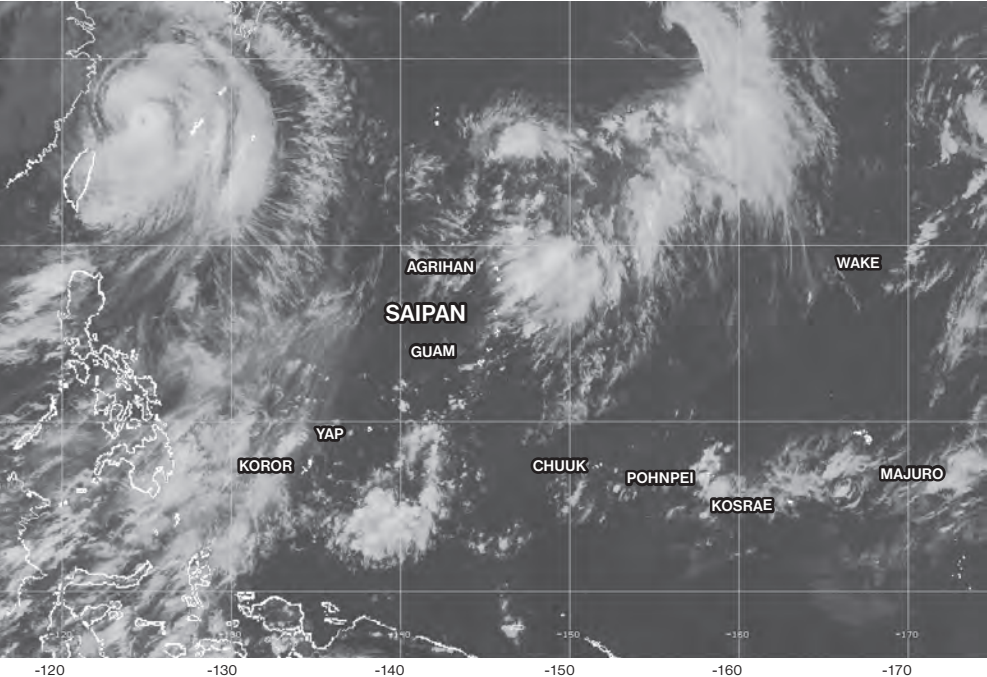
You can also make a difference as a citizen and as a consumer. You can sign a pledge at tinyurl.com/nocontractnocoffee to support Starbucks workers, or one at WorkedUp.us to support workers at Refresco, a bottling company in New Jersey where workers won two union elections and are now fighting for their first contract.

Business groups are never shy about contacting elected officials, and this is a time for all of us regular folks to be bold as well. Signing a petition, joining a rally or sending a tweet are small acts that, if done collectively, can make a big change.

We learned during the pandemic just how much all of us rely on frontline workers. It's great to honor them on Labor Day — and even better to join their campaigns for fair pay and safer working conditions all year long.

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN									
TODAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
									
Scattered showers, mainly before noon. Partly sunny		Isolated showers. Mostly sunny		Mostly sunny		Mostly sunny		Mostly sunny	
87°	77°	87°	77°	87°	77°	87°	77°	87°	77°
YESTERDAY'S SATELLITE IMAGE									



PICTURE TIME: 9:16 AM, SUNDAY, SEPTEMBER 4, 2022

Western North Pacific between equator and 25N from 130E to 180.

Guam Doppler weather radar shows isolated showers moving through the Marianas Waters. Satellite shows scattered showers just beyond radar range moving in. The buoys reveal combined seas of 3 to 5 foot which are composed of similar sized swells from the east-northeast and the west-northwest.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESIA ▲ ▼ °F		
Guam and Rota	Isolated Thunderstorms	86° / 78°
Palau	Thunderstorms	84° / 75°
Yap	Scattered Thunderstorms	86° / 78°
Chuuk	Scattered Thunderstorms	85° / 79°
Pohnpei	Thunderstorms	87° / 77°
Kosrae	Thunderstorms	86° / 78°
Majuro	Thunderstorms	85° / 80°

DAY	SUNRISE	SUNSET
Today	6:04 AM	6:26 PM
Tuesday	6:04 AM	6:25 PM
Wednesday	6:05 AM	6:25 PM
Thursday	6:05 AM	6:24 PM
Friday	6:05 AM	6:23 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	-	12:19 AM	1:57 PM
Tuesday	-	1:21 AM	3:00 PM
Wednesday	-	2:26 AM	4:00 PM
Thursday	-	3:31 AM	4:54 PM
Friday	-	4:36 AM	5:44 PM

AROUND THE GLOBE ▲ ▼ °F		
Auckland	Rain	58° / 45°
Beijing	Sunny	84° / 55°
Hong Kong	Mostly Sunny	91° / 82°
Honolulu	Partly Cloudy	86° / 75°
London	Cloudy	75° / 61°
Los Angeles	Mostly Sunny	103° / 75°
Manila	Scattered Thunderstorms	87° / 78°
Melbourne	Partly Cloudy	61° / 39°
Miami	Partly Cloudy	89° / 81°
New York	Showers	86° / 72°
Osaka	Partly Cloudy	93° / 79°
Paris	Thunderstorms	84° / 63°
Busan	Showers	85° / 77°
Rome	Mostly Sunny	89° / 67°
Salem	Thunderstorms	81° / 71°
San Francisco	Partly Cloudy	75° / 57°
Seoul	Rain	70° / 65°
Tokyo	Cloudy	88° / 76°
Washington, DC	Cloudy	89° / 71°

TIDES: SAIPAN HARBOR TODAY FEET		
12:52 AM	Low Tide	1.83
8:48 AM	High Tide	-0.01
4:40 PM	Low Tide	1.78
9:27 PM	High Tide	1.45

FLIGHT SCHEDULE AS OF AUGUST 1, 2022							
DEPARTURES				ARRIVALS			
SAIPAN-GUAM (GUM)				GUAM (GUM)-SAIPAN			
UA117	9:50AM	10:30AM	Daily	UA174	8:00AM	8:45AM	Daily
UA156	6:30PM	7:15PM	6	UA112	4:40PM	5:30PM	6
GUAM-MANILA (MNL)				MANILA (MNL)-GUAM			
PR 111	6:00AM	8:00AM	Daily	PR110	10:00PM	4:00AM+1	Daily
UA193	7:05PM	10:55PM	5 via Palau	UA184	10:25PM	4:25AM+1	1, 2, 3, 4, 6, 7
UA183	7:10PM	9:10PM	Daily	UA192	10:25PM	6:15AM+1	5 via Palau
				UA184	11:50PM	5:40AM+1	5
SAIPAN-MANILA (MNL)				MANILA (MNL)-SAIPAN			
UA117/183	9:50AM	9:10PM	Daily via Guam	UA184/174	10:25PM	8:45AM+1	1,2,3, 4, 6, 7 via Guam
UA117/193	9:50AM	10:55PM	5 via Guam, Palau	UA192/174	10:25PM	8:45AM+1	5 via Palau, Guam
				UA184/174	11:50PM	8:45AM+1	5 via Guam
SAIPAN-INCHEON (ICN)				INCHEON (ICN)-SAIPAN			
TW9308	3:30PM	7:20PM	Daily	7C3406	8:30AM	2:10PM	6
7C3405	3:30PM	7:25PM	6	7C3406	8:50AM	2:50PM	1, 2, 3, 4, 5, 7
7C3405	3:50PM	7:45PM	1, 2, 3, 4, 5, 7	OZ623	9:00AM	2:30PM	3, 6
OZ624	4:00PM	7:40PM	3, 6	TW9307	9:15AM	2:30PM	Daily
SAIPAN-BUSAN (PUS)				BUSAN (PUS)-SAIPAN			
7C3451	3:00PM	6:20PM	3, 7	7C3452	9:00AM	2:00PM	3, 7
BX621	3:10PM	6:30PM	3, 7	BX622	8:00AM	1:10PM	3, 7

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines; PR, Philippine Airlines; TW, T'Way Air; OZ, Asiana Airlines; 7C, Jeju Air; BX, Air Busan • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. (The Saipan Tribune is not responsible for any changes in the schedule.)

MARIANAS SOUTHERN AIRWAYS									
INITIAL DAILY FLIGHT SCHEDULE AS OF AUGUST 18, 2022									
SAIPAN TO TINIAN			TINIAN TO SAIPAN						
DEPARTS	ARRIVES	FREQUENCY	DEPARTS	ARRIVES	FREQUENCY				
7:00 A.M.	7:15 A.M.	(Except Sundays)	7:35 A.M.	7:50 A.M.	(Except Sundays)				
9:50 A.M.	10:05 A.M.		10:25 A.M.	10:40 A.M.					
4:00 P.M.	4:15 P.M.	(Except Saturdays)	4:35 P.M.	4:50 P.M.	(Except Saturdays)				
SAIPAN TO ROTA			ROTA TO SAIPAN						
DEPARTS	ARRIVES	FREQUENCY	DEPARTS	ARRIVES	FREQUENCY				
8:10 A.M.	8:40 A.M.		9:00 A.M.	9:30 A.M.					
1:45 P.M.	2:15 P.M.		2:35 P.M.	3:05 P.M.					
SAIPAN TO GUAM			GUAM TO SAIPAN						
DEPARTS	ARRIVES	FREQUENCY	DEPARTS	ARRIVES	FREQUENCY				
11:10 A.M.	12:00 P.M.		12:30 P.M.	1:20 P.M.					
5:15 P.M.	6:05 P.M.		6:40 P.M.	7:30 P.M.					

STAR MARIANAS AIR, INC.									
FLIGHT SCHEDULE AS OF JUNE 1, 2022									
SAIPAN TO ROTA				ROTA TO SAIPAN					
FLIGHT #	DEPARTS	ARRIVES	FREQUENCY	FLIGHT #	DEPARTS	ARRIVES	FREQUENCY		
1301	8:30	9:00	Daily	3101	9:30	10:00	Daily		
1302	11:00	11:30	Mon/Wed/Fri	3102	13:00	13:30	Tues/Thurs/Sat/Sun		
1302	12:00	12:30	Tues/Thurs/Sat/Sun	3102	14:00	14:30	Mon/Wed/Fri		
1303	15:30	16:00	Daily	3103	16:30	17:00	Daily		
ROTA TO GUAM				GUAM TO ROTA					
LIGHT #	DEPARTS	ARRIVES	FREQUENCY	FLIGHT #	DEPARTS	ARRIVES	FREQUENCY		
3401	12:00	12:30	Mon/Wed/Fri	4301	13:00	13:30	Mon/Wed/Fri		
SAIPAN TO TINIAN				TINIAN TO SAIPAN					
FLIGHT #	DEPARTS	ARRIVES	FREQUENCY	FLIGHT #	DEPARTS	ARRIVES	FREQUENCY		
1202	8:00	8:15	Daily	2102	8:30	8:45	Daily		
1203	9:00	9:15	Daily	2103	9:30	9:45	Daily		
1204	10:00	10:15	Daily	2104	10:30	10:45	Daily		
1208	14:00	14:15	Daily	2108	14:30	14:45	Daily		
1209	15:00	15:15	Daily	2109	15:30	15:45	Daily		
1210	16:00	16:15	Daily	2110	16:30	16:45	Daily		
1211	17:00	17:15	Daily	2111	17:30	17:45	Daily		

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Business

BUSINESS BRIEFS

17 states weigh adopting CA's electric car mandate

MINNEAPOLIS (AP)—Seventeen states with vehicle emission standards tied to rules established in California face weighty decisions on whether to follow that state's strictest-in-the nation new rules that require all new cars, pickups and SUVs to be electric or hydrogen powered by 2035. Under the Clean Air Act, states must abide by the federal government's standard vehicle emissions standards unless they at least partially opt to follow California's stricter requirements.

British airline passenger faces charges in Greece

THESSALONIKI, Greece (AP)—A British man has been charged in Greece with several offenses after his flight from London to Cyprus was diverted, authorities said. One of the charges, a felony, is endangering transportation and passenger and crew safety. The charges were pressed after the 22-year-old man faced a prosecutor Saturday. The easyJet flight to Paphos, Cyprus, was diverted to Thessaloniki late

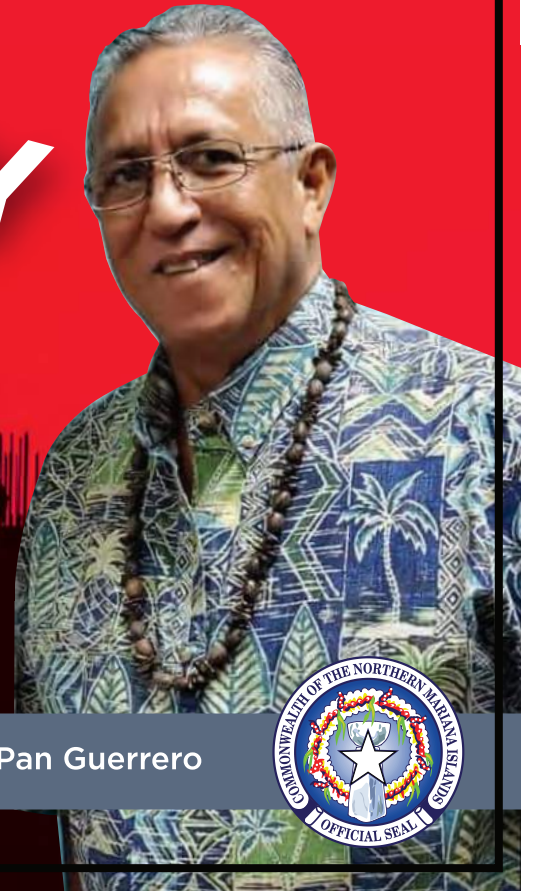
Friday after the passenger had apparently exhibited unruly behavior and fought with fellow passengers and the crew. The charge sheet says several empty bottles of alcoholic drinks were found on his seat.

UK to begin rollout of new COVID-19 vaccination campaign

LONDON (AP)—The U.K. will begin its autumn COVID-19 vaccination campaign in the coming weeks after authorizing booster shots made by Pfizer and Moderna that have been modified to target both the original virus and the widely circulating omicron variant. The Medicines and Healthcare products Regulatory Agency said Saturday that it had approved the Pfizer vaccine for used in people age 12 and older after finding it was both safe and effective. The agency authorized the Moderna vaccine last month. The government will offer the vaccine to everyone age 50 and over, as well as front-line health care workers and other groups considered to be particularly at risk of serious illness as the National Health Service prepares for a surge in infections this winter.

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Office of Representative Joseph Lee Pan Guerrero

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Nation

Trump moving to general election mode with PA rally

WILKES-BARRE, Pa. (AP)—Larry Mitko voted for Donald Trump in 2016. But the Republican from Beaver County in western Pennsylvania says he has no plans to back his party’s nominee for Senate, Dr. Mehmet Oz — “no way, no how.” Mitko doesn’t feel like he knows the celebrity heart surgeon, who only narrowly won his May primary with Trump’s backing. Instead, Mitko plans to vote for Oz’s Democratic rival, Lt. Gov. John Fetterman, a name he’s been familiar with since Fetterman’s days as mayor of nearby Braddock. “Dr. Oz hasn’t showed me one thing to get me to vote for him,” he said. “I won’t vote for someone I don’t know.” Mitko’s thinking underscores the political challenges facing Trump and the rest of the Republican Party as the former president shifts to general election mode with a rally Saturday night in Wilkes-Barre, Pennsylvania, the first of the fall campaign. While the rally was organized to bolster Oz and Doug Mastriano, the GOP’s hard-line nominee for governor of Pennsylvania, it was Trump’s first rally since the FBI’s search of his Mar-a-Lago club, and Trump spent part of the evening railing against it. He called it “one of the most shocking abuses of power by any administration in American history” and “a travesty of justice.” “They’re trying to silence me and more importantly they’re trying to silence you. But we will not be silenced, right?” Trump said.



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REQUEST FOR PROPOSALS

JANITORIAL SERVICES AT THE FRANCISCO C. ADA/ SAIPAN INTERNATIONAL AIRPORT & COMMUTER TERMINAL PROJECT NO. CPA-RFP-011-22


Notice is hereby given that the Commonwealth Ports Authority (the “CPA”) is accepting sealed proposals, subject to the terms and conditions of this Request for Proposals (the “RFP”) and other contract provisions, for awarding a contract to provide janitorial services. The Executive Director hereby determines that the use of an Invitation for Bid is neither practical nor advantageous to the CPA because the CPA wishes to acquire services and or products that cannot be evaluate by cost alone (NMIAC §40-50-225 (a)). The Scope of Work and other considerations will be available for pick up beginning **August 22, 2022**, upon payment of \$100.00 in cash, cashier’s check or certified check to the CPA Accounting Office, 2nd Floor, Departure Terminal Building, Saipan International Airport.

Proposals will be received at the Office of the Executive Director, Commonwealth Ports Authority, 2nd Floor-Arrival Building, Saipan International Airport no later than **4:00 P.M. LOCAL TIME, SEPTEMBER 21, 2022**. Proposals received after the date/time indicated above will not be opened and will be returned to the Proposer.


CPA reserves the right to reject any or all proposals submitted for: (a) any of the reasons set forth in this Request for Proposals; or (b) any of the reasons set forth in the CPA Procurement Rules and Regulations regarding bid rejection or cancellation; or (c) sufficient justification exists that awarding the project contract would not be in the best interest of CPA. CPA further reserves the right to waive any defects in said proposals if in its sole opinion to do so would be in CPA’s best interest. All proposals shall become property of the Commonwealth Ports Authority

CHRISTOPHER S. TENORIO
Executive Director

Date: August 18, 2022



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REQUEST FOR PROPOSALS

DEVELOPMENT OF ECHO DOCK PORT OF SAIPAN CPA RFP NO. CPA-RFP-010-2022 (CPA CONCESSION NO. SEA 2022-01)

The Commonwealth Ports Authority (“Authority”) is inviting qualified developers and their development teams to submit sealed proposals, subject to the terms and conditions of this Request for Proposals (the “RFP”) and other contract provisions, for the development of Echo Dock, which is situated north of the Port of Saipan. The Executive Director hereby determines that the use of an Invitation for Bid is neither practical nor advantageous to the Authority because the Authority wishes to acquire services and products that cannot be evaluated by cost alone. This RFP is being issued pursuant to NMIAC § 40-70-205.

The RFP Package is available beginning Wednesday, August 31, 2022, at the Authority’s Accounting Office, 2nd Floor, Departure Terminal Building, Saipan International Airport upon payment of a non-refundable administrative fee of \$200.00. Payment shall be made in cash, credit card, cashier’s check, or U.S. postal money order payable to the Commonwealth Ports Authority. Other than this administrative fee, proposers are not required to submit a prepaid minimum concession fee.

The Authority will hold a briefing for interested parties at 10:00 a.m. on Friday, September 16, 2022, to explain the Authority’s development objectives, the RFP process, and to answer questions. The meeting will be held at the Authority’s Seaport Conference Room, George Fleming Building. All potential applicants are encouraged to attend but it is not mandatory.

All proposers are requested to pay attention to the following significant dates and times:

Date RFP Package becomes available	August 31, 2022 (8:00 AM)
Date of RFP briefing meeting	September 16, 2022 (10:00 AM)
Deadline to submit Notice of Intent	September 28, 2022 (4:00 PM)
Deadline to submit Statement of Qualifications	October 13, 2022 (4:00 PM)
Notification of qualified applicants of the RFP	October 28, 2022
Deadline for RFP submission	November 30, 2022 (4:00 PM)

Qualified proposers shall submit their sealed proposals to the “CPA Evaluation Committee” and mark the outside cover of its submittal as follows: “RFP Proposal: Confidential – Development of the Echo Dock, Saipan (RFP-010-2022).” Five (5) hard copies and one electronic copy on CD, DVD, or flash drive of the proposal must be submitted no later than **4:00 p.m. CHST, Wednesday, November 30, 2022**, to the Office of the Executive Director, 2nd floor of the Arrival Terminal at the Francisco C. Ada/Saipan International Airport. Proposals submitted by facsimile (fax) transmission will not be considered. Any proposals received after the proposal submittal deadline shall be returned to the proposer unopened. The Authority reserves the right to reject any or all proposals submitted if sufficient justification exist that awarding the project would not be in the best interest of the CPA.

FOR THE COMMONWEALTH PORTS AUTHORITY:
/s/ **CHRISTOPHER S. TENORIO**
Executive Director

Date: **8/26/2022**

Leak ruins moon rocket launch bid

CAPE CANAVERAL, Fla. (AP)—NASA’s new moon rocket sprang another dangerous fuel leak Saturday, forcing launch controllers to call off their second attempt this week to send a crew capsule into lunar orbit with test dummies. The inaugural flight is now off for weeks, if not months. The previous try on Monday at launching the 322-foot (98-meter) Space Launch System rocket, the most powerful ever built by NASA, was also troubled by hydrogen leaks, though they were smaller. That was on top of leaks detected during countdown drills earlier in the year. After the latest setback, mission managers decided to haul the rocket off the pad and into the hangar for further repairs and system updates. Some of the work and testing may be performed at the pad before the rocket is moved. Either way, several weeks of work will be needed, according to officials. With a two-week launch blackout period looming in just a few days, the rocket is now grounded until late September or October. NASA will work around a high-priority SpaceX astronaut flight to the International Space Station scheduled for early October.

Asia

AS TENSIONS WITH CHINA RISE US OKs \$1B arms sale to Taiwan

WASHINGTON (AP)—The Biden administration on Friday announced a more than \$1 billion arms sale to Taiwan as U.S.-China tensions escalate over the status of the island.

The \$1.09 billion sale includes \$355 million for Harpoon air-to-sea missiles and \$85 million for Sidewinder air-to-air missiles, the State Department said.

The largest portion of the sale, however, is a \$655 million logistics support package for Taiwan's surveillance radar program, which provides air defense warnings. Early warning air defense systems have become more important as China has stepped up military drills near Taiwan, which it regards as a renegade province.

The State Department said the equipment is necessary for Taiwan to "maintain a sufficient self-defense capability." The administration notified Congress of the sale after close of business on Friday.

The administration said the deals comply with the U.S. one-China policy. It also urged Beijing "to cease its military,

diplomatic, and economic pressure against Taiwan and instead engage in meaningful dialogue with Taiwan."

Laura Rosenberger, the White House's senior director for China and Taiwan, said late Friday that as China "continues to increase pressure on Taiwan — including through heightened military air and maritime presence around Taiwan — and engages in attempts to change the status quo in the Taiwan Strait, we're providing Taiwan with what it needs to maintain its self-defense capabilities."

The acrimony and strident rhetoric between the U.S. and China over Taiwan have increased sharply since House Speaker Nancy Pelosi visited the island last month. Since Pelosi's trip to Taipei there have been at least two other congressional visits and several by governors of U.S. states, all of which China has condemned.

On Thursday, Taiwan's military said it shot down a drone hovering over one of its island outposts just off the Chinese coast in an incident that under-

scored the heightened tensions. A day earlier, Taiwan said it had warned off drones hovering over three of the islands it occupies off the coast of the Chinese port city of Xiamen.

China claims Taiwan as its own territory, to be annexed by force if necessary. The sides split after a civil war in 1949 and have no official relations, with China cutting off even informal contacts following the election of independence-leaning Taiwanese President Tsai Ing-wen in 2016.

Tsai's administration has pushed for a strengthening of anti-drone defenses as part of a 12.9% increase in its Defense Ministry's annual budget next year. That would boost defense spending by an additional 47.5 billion New Taiwan dollars (\$1.6 billion), for a total of 415.1 billion NTD (\$13.8 billion).

The U.S. described Chinese drills last month as a severe overreaction and responded by sailing two guided missile cruisers through the Taiwan Strait, which China has declared to be its sovereign waters.

ASIAN BRIEFS

Marcos flying to Indonesia, Singapore on first foreign trip

MANILA, Philippines (AP)—Philippine President Ferdinand Marcos Jr. will travel to Indonesia and Singapore on his first overseas trip since taking office in June to strengthen security ties and discuss problems confronting the region, including strife in Myanmar, officials said Friday. Marcos Jr. will also fly to the United States to speak at the U.N. General Assembly on Sept. 20, Department of Foreign Affairs spokesperson Teresita Daza said in an online news conference. Marcos Jr. will meet his Indonesian counterpart, Joko Widodo, during a three-day state visit starting Sunday. The two leaders will witness the signing of a number of agreements, including the renewal of an expired 1997 pact governing defense activities from joint training to cooperation on border security, Daza said.

To China's fury, UN accuses Beijing of Uyghur rights abuses

BEIJING (AP)—The U.N. accused China of serious human rights violations that may amount to "crimes against humanity" in a long-delayed report examining a crackdown

on Uyghurs and other mostly Muslim ethnic groups. Beijing on Thursday denounced the assessment as a fabrication cooked up by Western nations. Human rights groups have accused China of sweeping a million or more people from the minority groups into detention camps where many have said they were tortured, sexually assaulted, and forced to abandon their language and religion. The camps were just one part of what the rights organizations have called a ruthless campaign against extremism in the far western province of Xinjiang that also included draconian birth control policies and all-encompassing restrictions on people's movement.

Indonesia hikes fuel prices by 30%, cuts energy subsidies

JAKARTA, Indonesia (AP)—Fuel prices increased by about 30% across Indonesia on Saturday after the government reduced some of the costly subsidies that have kept inflation in Southeast Asia's largest economy among the world's lowest. Indonesians have been fretting for weeks about a looming increase in the price of subsidized Pertamina RON-90 gasoline sold by Pertamina, the state-owned oil

and gas company. Long lines of motorbikes and cars snaked around gas stations as motorists waited for hours to fill up their tanks with cheaper gas before the increase took effect on Saturday. The hike—the first in eight years—raised the price of gasoline from about 51 cents to 67 cents per liter and diesel fuel from 35 cents to 46 cents.

India launches new aircraft carrier as China concerns grow

NEW DELHI (AP)—India commissioned its first home-built aircraft carrier Friday as it seeks to counter regional rival China's much larger and growing fleet, and expand its own indigenous shipbuilding capabilities. The INS Vikrant, whose name is a Sanskrit word for "powerful" or "courageous," is India's second operational aircraft carrier, joining the Soviet-era INS Vikramaditya that it purchased from Russia in 2004 to defend the Indian Ocean and Bay of Bengal. The new 262-meter (860-foot) carrier, designed by the Indian navy and built at the Cochin shipyard in southern India, was launched by Prime Minister Narendra Modi as part of the country's commemoration of 75 years of independence from British rule.

World

Gorbachev buried in Moscow in funeral snubbed by Putin



AP
Irina Virganskaya, daughter of former Soviet Union President Mikhail Gorbachev says goodbye to him for the last time, during his funeral, at Novodevichy Cemetery in Moscow, Russia, Saturday, Sept. 3, 2022.

MOSCOW (AP)—Russians who came for a last look at former Soviet leader Mikhail Gorbachev on Saturday mourned both the man and his policies that gave them hope. President Vladimir Putin claimed to be too busy to attend.

Gorbachev, who died Tuesday at age 91, launched drastic reforms that helped end the Cold War. But he also precipitated the breakup of the Soviet Union, which Putin had called the 20th century's "greatest geopolitical catastrophe."

The farewell viewing of his body in an ostentatious hall near the Kremlin was shadowed by the awareness that the openness Gorbachev championed has been stifled under Putin.

"I want to thank him for my childhood of freedom, which we don't have today," said mourner Ilya, a financial services worker in his early 30s who declined to give his last name.

"I am a son of perestroika," he said, using the Russian word for Gorbachev's reform, or reconstruction, initiatives.

"I'd like us to have more people like him in our history," said another mourner, Yulia Prividennaya. "We need such politicians to settle the situation in the world when it's on the verge of World War III."

After the viewing, Gorbachev's body was buried next to his wife Raisa in Novodevichy cemetery, where many prominent Russians lie, including the post-Soviet country's first president, Boris Yeltsin, whose struggle for power

with Gorbachev sped up the collapse of the Soviet Union.

The procession that carried the coffin into the cemetery was led by Nobel Peace Prize laureate Dmitry Muratov, editor of the Novaya Gazeta newspaper, Russia's last major Kremlin-critical news outlet before it suspended operations in March. Gorbachev used funds from his own Nobel prize to help start the paper.

The Kremlin refusal to formally declare a state funeral reflected its uneasiness about the legacy of Gorbachev, who has been venerated worldwide for bringing down the Iron Curtain but reviled by many at home for the Soviet collapse and the ensuing economic meltdown that plunged millions into poverty.

On Thursday, Putin privately laid flowers at Gorbachev's coffin at a Moscow hospital where he died. The Kremlin said the president's busy schedule would prevent him from attending the funeral.

Asked what specific business would keep Putin busy on Saturday, Kremlin spokesman Dmitry Peskov told reporters that the president was scheduled to have a series of working meetings, an international phone call and needs to prepare for a business forum in Russia's Far East that he's due to attend next week.

Gorbachev's body was displayed for public viewing at the Pillar Hall of the House of the Unions, an opulent 18th-century mansion near the Kremlin that has served as the venue for state funerals since Soviet times.

Mourners passed by Gorbachev's open casket flanked by honorary guards, laying flowers as solemn music played. Gorbachev's daughter, Irina, and his two granddaughters sat beside the coffin.

The grand, chandelied hall lined by columns hosted balls for the nobility under the czars and served as a venue for high-level meetings and congresses along with state funerals during Soviet times. Upon entering the building, mourners saw honor guards flanking a large photo of Gorbachev standing with a broad smile, a reminder of the cheerful vigor he brought to the Soviet leadership after a series of dour, ailing predecessors.

The turnout was large enough that the viewing was extended for two more hours beyond the stated two hours.

Despite the choice of the prestigious site for the farewell ceremony, the Kremlin stopped short of calling it a state funeral, with Peskov saying the ceremony will have "elements" of one, such as honorary guards, and the government's assistance in organizing it. He wouldn't describe how it will differ from a full-fledged state funeral.

Saturday's ceremony had all the trappings befitting a state funeral except the name, including the national flag draping Gorbachev's coffin, with goose-stepping guards firing shots in the air and a small band playing the Russian anthem, which uses the same melody as the Soviet anthem.

Health & Wellness

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Why do we eat foods that we know we shouldn't?

By MORGAN HINES
USA TODAY

I'm lactose intolerant. And I know I should keep an eye on my cholesterol. But neither of those factors stop me from picking at a cheese board or ordering ice cream for dessert.

I'm aware while I am eating that my choices aren't benefiting future me. I never feel good after. Yet I keep repeating the cycle.

I don't know why I keep doing it. I often swear that I'll stop. "No more cheese," I say to myself. Or, "I'll stay away from sugar." But somehow even with the restraints I put on myself, I still want what I "shouldn't" have—sometimes even more.

Plenty of people choose to eat foods they know aren't very good for them.

I'm not the only one who struggles with this. When I wondered aloud about this decision making process on Twitter, several users shared their stories about foods they consume even if they'd be better off staying away from them.

Zach Honig writes that even though he knows he's susceptible to gout, he still indulges in red wine, rich foods and beer. "I just deal with the gout attacks from time to time," he says.

Like me, Victoria M. Walker refuses to give up dairy. And @ACHoliday_ replied that they have cysts and aren't supposed to drink coffee, but sometimes they still do because it provides "comfort."

Sean Devlin added that food helps to get through the "slog"

of the daily grind. And another user, @pablopaycheck, said they choose to eat foods that maybe they shouldn't "Because yolo00000," meaning you only live once.

Why do we keep choosing foods that we shouldn't?

The answer isn't clear cut. There are a variety of reasons why we choose to eat what we eat that are dependent on the individual, their circumstances and other factors.

There's a spectrum when it comes to healthfulness and food. All foods can fit into a healthy diet, says David Creel, a psychologist and registered dietitian with Cleveland Clinic's Bariatric & Metabolic Institute. But there are foods on the less healthy end of the spectrum that we choose to consume — even with logical consequences such as a stomachache or higher cholesterol levels down the line.

"Some people actually think about it — they might have kind of this cost benefit analysis... what am I going to get from this, what does it cost me, and they make a decision based on that," Creel says.

But that's not how everyone's brain works. For others, habit plays into the decisions they make. "A lot of people though, they just kind of do what's familiar to them, and they don't do it with a lot of thought."

What happens in the brain when we choose to eat something?

Two areas of the brain are stimulated during the eating process.



"We know this from people who do brain research that there tend to be two different drivers: Liking food when we eat it — our brain responds and we can see that through imaging — and there's also a wanting piece," Creel says.

Both are important. If someone is having a craving, that's a "wanting" experience. It's similar to when someone who smokes is asked if they like to smoke. They may not "like" to, but they do crave a cigarette. If you are in an emotional state you may crave a specific food, too.

The "liking" experience comes after eating or experiencing a food. Sometimes, liking and wanting feed into each other but they happen in different areas of the brain, Creel explains.

The physiology of how we decide what we want to eat is

complex, says Creel. It also varies based on who is making the choices.

So, what are some of the factors play into the way we choose food if we aren't actively assessing what the outcome of our eating decisions will be?

Foods that taste good and seem 'fun' are appealing to us.

"The reason why we consume those things that are we shouldn't for whatever reason, is typically driven by taste or flavor," says Charles Spence, a professor of experimental psychology at the University of Oxford in England. "It's sort of hard to resist the temptation of the sugar, or the salt or the fat."

And part of why foods taste good is based on our associations made in connection to those foods.

"I ask my patients a lot what

would you describe as a fun food? And things like pizza, or ice cream or cake, they come up," Creel says.

So, if you're bored on a Friday night, you might order a pizza since that could be associated with fun and could satisfy an entertainment quota for the brain as well.

Another association might be how comfort foods are identified. Creel associates homemade buttermilk biscuits with his grandmother. Conditioning from our upbringing contributes to how we associate food and when we want it. So, it might not even be the food's flavor or taste that appeals to us as much as the association we pair with the food, Creel says.

We sometimes weigh immediate desire over long-term impact

Spence says that we tend to value what happens immediately more than what is likely to happen in the future.

People "might be drawn more to the reward of those ... typically great tasting foods in the moment because we weigh that more heavily," he explains.

Spence says that's a weighing the now more heavily than the future is a general tendency of the human brain. It can go beyond food, too, such as deciding whether to put money into savings or spend it now.

Evolution plays into our choices, too

How we choose what we consume also has to do with human history and evolution, according to Spence.

The human brain, he says, will pay more attention to foods that are energy dense with extra attention to those high in fat. We're evolved, he supposes, to find those foods attractive because at one point they were essential to survival.

Long ago, perhaps people

were struggling to find sufficient food. But now, many of us live in a "food rich environment," Spence continues, explaining that some of the foods are maybe more energy dense than we need now.

"The brain evolved for feeding, foraging and fornicating," he says, noting we all find it hard to difficult to override what he calls "ancient urges."

If you want to make different food choices, here's what to do

How do we change our decision making process if we aren't happy with the choices we've been making?

Creel says he often encourages patients he sees to pause before taking action and consider their choice — not to see anything as "forbidden" but as two options that could have different outcomes.

"If you tell yourself 'I should have one thing' and 'I shouldn't have another thing', it kind of sets us up to not do well," he explains.

For example, if we say to ourselves, "I should have an apple" and "I should not have cake" you either:

■ A) Eat the apple and feel like you missed out on the cake.

Or

■ B) Eat the cake and feel guilty because you didn't eat the apple.

But, if you choose to look at these choices while weighing the outcomes, then, your actions will likely be different.

Changing "shoulds" to "coulds" gives you freedom to make the decision, Creel says, noting it removes guilt.

So, if you "could" have an apple or you "could" have cake your decision might look more like this:

■ A) You choose to eat an apple that you think you will enjoy because it's a very good apple.

Or

■ B) You could choose to enjoy the cake because it's your favorite kind or it's your birthday—whatever the reason may be—and guilt because you don't have guilt because you made a conscious decision that eating the cake was worth it.

By making mindful decisions, it's not only the guilt that could be removed. Creel says that you may also avoid something less healthy like cake if you came to the decision to have the cake in a mindful way.

Being mindful can enhance the enjoyment of all kinds of foods, he says. "I think it can really help on both sides of the equation — it can be helpful to not over consume unhealthy foods and can help promote the consumption of healthier foods."

Small lifestyle changes that make a big difference

By LAUREL KELLY
MAYO CLINIC NEWS NETWORK

While many modern-day ailments can be linked to unhealthy lifestyle choices, changing those choices can be a challenge. It may seem overwhelming or useless to even try.

But Dr. Stephen Kopecky, a Mayo Clinic cardiologist, recommends approaching lifestyle changes in the same way you would learn a musical instrument or teach a child math: one step at a time.

Whether your goal is to lower your blood pressure, manage symptoms of diabetes, lose weight or just feel healthier as you age, small changes can make a big difference.

Here are five small actions that can lead to powerful transformations.

■ Take one less bite a day



Take one less bite a day of unhealthy foods.

TNS

of unhealthy foods. If you want to make healthier food choices, start with a single bite. Leave the pizza crust on your plate and instead help yourself to another bite of salad. Or add a single slice of apple to your breakfast.

■ Cut corners without sacrificing the meal. You don't

have to stop eating the foods you love, but you may need to think differently about portions. Eat anything you want, but don't eat as much as you want of anything you want.

■ Get up and move for three to five minutes every hour. Physical activity consists of two parts: moving

more and sitting less. If you lead a sedentary life—and most people in the U.S. do—get up every hour to move your body in a way that you enjoy.

■ Take 10 minutes for intervals. No time for a long workout? No problem. Interval training is a highly effective and time-efficient form of exercise. It consists of short, 30-second bursts of high-intensity activity with periods of rest. For example, switching from walking to jogging, or biking hard up a hill during a leisurely ride.

■ Say these two words: "It's OK." Forgiving yourself when you hit a slump is important. Positive self-talk takes practice just like anything else, but eventually being friendly to yourself will become second nature.

Life & Style

Barack Obama wins Emmy for narrating national parks series

LOS ANGELES (AP)—Barack Obama is halfway to an EGOT.

The former president won an Emmy Award on Saturday to go with his two Grammys.

Obama won the best narrator Emmy for his work on the Netflix documentary series, "Our Great National Parks."

The five-part sshow, which features national parks from around the globe, is produced by Barack and Michelle Obama's production company, "Higher Ground."

He was the biggest name in a category full of famous nominees for the award handed out at Saturday night's Creative Arts Emmys, including Kareem



Former President Barack Obama speaks during a memorial service for former Senate Majority Leader Harry Reid at the Smith Center in Las Vegas, Jan. 8, 2022. AP

Abdul-Jabbar, David Attenborough and Lupita Nyong'o.

Barack Obama is the second president to have an Emmy. Dwight D. Eisenhower was given a special Emmy Award in 1956.

Barack Obama previously won Grammy Awards for his audiobook reading of two of his memoirs, "The Audacity of Hope" and "A Promised Land." Michelle Obama won her own Grammy for reading her audiobook in 2020.

EGOT refers to a special category of entertainers who have won an Emmy, a Grammy, an

Oscar and a Tony. To date, 17 people have done it.

The late Chadwick Boseman also won an Emmy for his voice work on Saturday. The "Black Panther" actor won for outstanding character voiceover for the Disney+ and Marvel Studios animated show "What If...?"

On the show, Boseman voiced his "Black Panther" character T'Challa in an alternate universe where he becomes Star-Lord from "Guardians of the Galaxy."

It was one of the last projects for Boseman, who died in 2020 of colon cancer at age 43.

Anne Heche died without a will, son files to control estate

LOS ANGELES

(AP)—Actor Anne Heche died without a will, and her 20-year-old son has filed court papers to control her estate.

Homer Laffoon, Heche's son with ex-husband Coleman Laffoon, filed a petition in Los Angeles Superior Court on Wednesday requesting that he be allowed to administer his mother's estate.

The petition lists Homer Laffoon and 13-year-old Atlas Tupper, Heche's son with former partner James Tupper, as her only heirs.

The document says the value of Heche's estate is unknown. That is often the case on such initial filings, before anyone has the legal authority to assess the dead person's assets.

Homer Laffoon also filed a petition asking that someone be appointed to represent his brother's interests in court.



Heche

A representative of Heche declined comment on the filing.

On Aug. 5, a car Heche was driving jumped a curb, smashed into a Los Angeles home and burst into flames. She was declared brain dead on Aug. 11, and was kept alive on life support for three more days so her organs could be donated.

Heche, 53, was among the biggest film stars of the late 1990s, starring opposite actors including Johnny Depp and Harrison Ford, and had worked consistently in movies and television for more than three decades.

She was married to Coleman Laffoon, a television camera operator, from 2001 to 2009, and was in a relationship with James Tupper, an actor, from 2007 to 2018. She had a son with each.

R. Kelly's lawyers start defense; he says he won't testify

CHICAGO (AP)—R. Kelly's lawyers began mounting a defense Thursday in Chicago against federal charges of child pornography, enticement of minors for sex and fixing his 2008 state trial, with an initial witness contending the singer was himself a victim of blackmail.

The presentation to jurors won't include Kelly taking the witness stand.

Judge Harry Leinenweber asked Kelly directly on Thursday morning if he would testify, and the Grammy Award winner responded that he would not.

The judge raised the issue minutes before attorneys for Kelly and two co-defendants began calling their first witnesses, endeavoring to counter two weeks of government testimony — including from four women who accused Kelly of sexual abuse.

Co-defendant Derrel McDavid, a longtime Kelly business



Musician R. Kelly leaves the Leighton Criminal Court building in Chicago on June 6, 2019. Kelly's federal trial starts Monday in Chicago. AP

manager, is accused of helping Kelly rig the 2008 trial, at which Kelly was acquitted. McDavid said he will testify. Co-defendant Milton Brown is charged with receiving child pornography. Like Kelly, he said he wouldn't testify.

Testifying would have been risky. At times, Kelly has exploded in anger under tough questioning, which could hurt his defense.

He lost his cool in a 2019 interview with Gayle King on

"CBS This Morning." As she pressed him about accusations of sexual abuse, he jumped up, crying and gesticulating. "I didn't do this stuff!" he shouted. "This is not me! I'm fighting for my ... life!"

Lawyers for all three defendants are essentially sharing witnesses. McDavid's legal team called the first defense witness, McDavid friend and former police officer Christopher G. Wilson. He testified that McDavid told him in 2001 that

a merchandizing agent for Kelly, Charles Freeman, was trying to blackmail the R&B star.

Freeman testified earlier for the government that Kelly and his associates agreed to pay him \$1 million to hunt down and return a video that featured Kelly, describing how he was handed bags full of cash as payment. He said the money was for services rendered, not an extortion bid. Prosecutors say the payments were part of a conspiracy to obstruct investigators leading up to Kelly's 2008 trial.

Under cross-examination, Wilson conceded he didn't directly witness anyone trying to extort Kelly, saying he was relying on what McDavid told him.

A conviction on just one or two of the charges at the Chicago trial could add years to a 30-year sentence Kelly already received from a New York federal judge in June for convictions on racketeering and sex trafficking charges.

Husband isn't shy about critiquing wife's flaws

DEAR ABBY: My husband often points out my flaws and shortcomings. For 20 years now, while I try to make changes, I find myself in the same place on most issues. He's increasingly impatient with me, and I get a daily rundown of what I should or could have done better.

I don't want to lose our marriage. He thinks of himself as a "coach." As he sees it, some of my most annoying habits are tied to my now deceased parents, who were displaced persons with no education during the Second World War. I understand his frustrations. I agree with him and want to be the best person I can be, but I'm often mired in sentiment for my parents and act and do as they might have.

I talk with a therapist, which sometimes helps, but I still feel tied to their old ways and can't seem to stand on my own feet as my own person. I'm at a loss about what to do. Thank you for any direction you can offer.

STILL LOST IN CONNECTICUT

DEAR STILL LOST: Start discussing "generational trauma" with your therapist. The psychological and physiological effects of trauma experienced by people (e.g., refugees from WWII and other conflicts and genocides) often impact subsequent generations in that group.

When a couple marry, they are supposed to accept each other the way they ARE. Over the last two decades your husband hasn't done that. He may mean well by his "coaching," but from where I sit, it appears more like a never-ending stream of criticism. Rather than so readily blame yourself, PLEASE discuss this, too, with your therapist.

■■■■■

DEAR ABBY: I am a middle-aged man. My girlfriend of nine months is the same age. I have been pretty careful in guarding against COVID over the last two years. Abby, my girlfriend showed up yesterday, obviously sick. The first words out of her mouth were, "I didn't tell you because I know you would have canceled the date." She told me she had tested herself for COVID and it was negative, and she just has "allergies."

As the day progressed, her congestion/sickness grew worse. When I discussed this with my adult children (who live at home), they were furious! We were supposed to celebrate Labor Day with a gathering at her place. I canceled it, telling her she has to be 100%. Should I have waited longer to start dating?

CAREFUL IN CALIFORNIA

DEAR CAREFUL: A less self-centered person than your girlfriend would have informed you that she wasn't feeling well and offered to reschedule your date, or left the deci-

DEAR ABBY

By ABIGAIL VAN BUREN
UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.



sion up to you. She would not have shown up and risked exposing you and your family members to COVID. I am not advising that you should have waited longer to start dating. Instead, you should have chosen whom you dated more carefully, because this woman is dangerously selfish and inconsiderate.

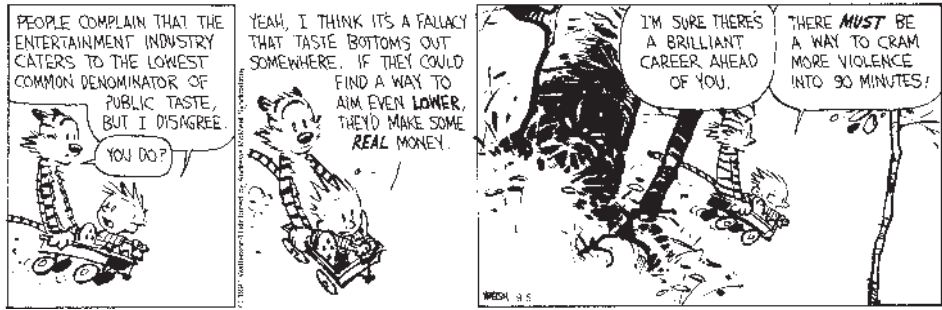
■■■■■

Good advice for everyone — teens to seniors — is in "The Anger in All of Us and How to Deal With It." To order, send your name and mailing address, plus check or money order for \$8 (U.S. funds) to: Dear Abby, Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

Pastimes

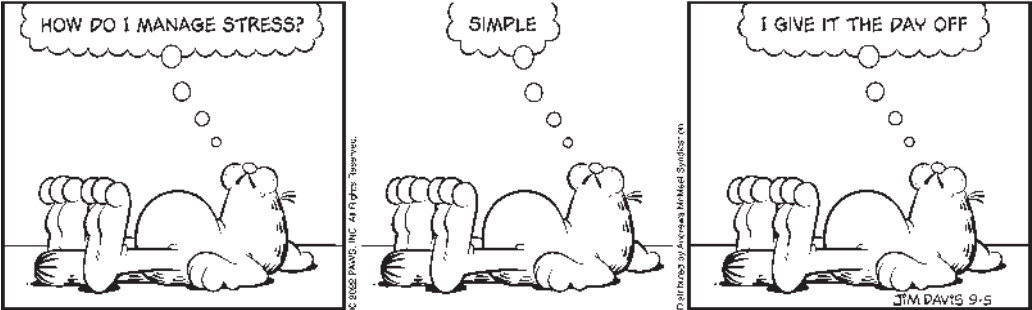
Calvin and Hobbes

By Bill Waterson



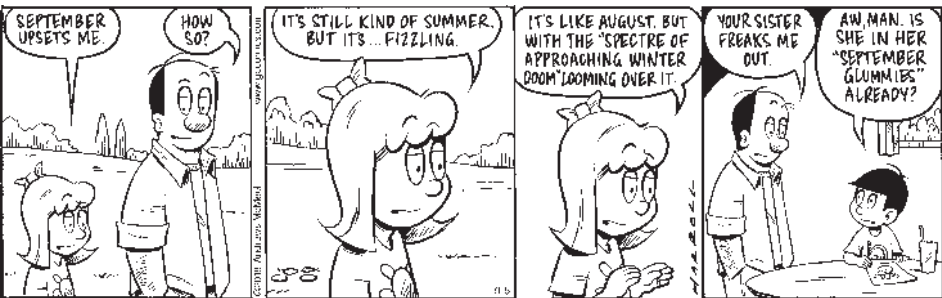
Garfield®

By Jim Davis



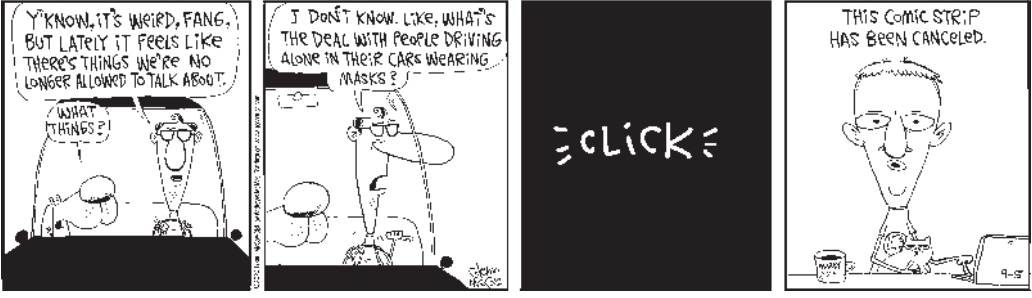
Adam@home

By Bryan Basset



The Duplex

By Glenn McCoy



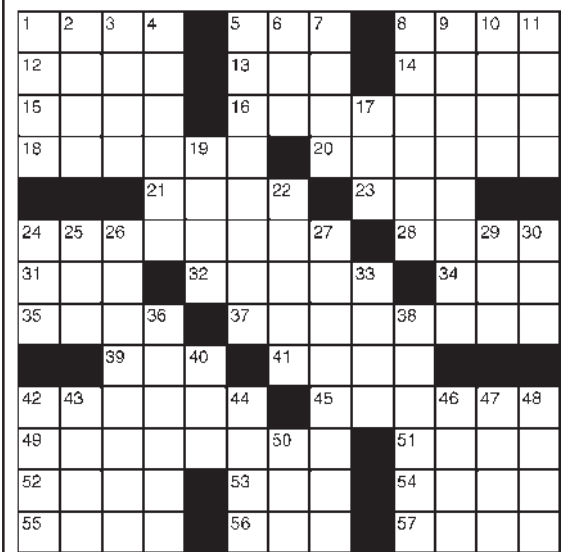
CROSSWORD By Eugene Sheffer

ACROSS 1 Wildebeests 5 Snitch 8 Utah ski resort 12 Impetuous 13 Adam's mate 14 Acquires 15 "Zip- — -Doo-Dah" 16 Beer purchases 18 Fawcett of '70s TV 20 Speeder's punishment 21 Chan-teuse Edith 23 Chap 24 Edible pod 28 "Auld Lang —" 31 Blunder 32 — -Croat 34 Texas tea 35 Scrambled wd. 37 Brazilian city

DOWN 1 Tennis great 2 Zilch 3 Addict 4 Everest guide 5 Molds anew 6 Bird (Pref.) 7 Libretto 8 You can count on it 9 Comment to a jackpot winner 10 Youngster 11 CEO's aide 17 Farm squealer 19 Melodies 22 Untamed 24 Salty expanse 25 Samovar 26 School alumnus 27 Was plentiful 29 Zero 30 "Strange Magic" 33 Mayberry boy 36 Tony-winner Tammy 38 Phase 40 "Sixth sense" 42 D-Day carriers 43 Oklahoma tribe 44 Grand tale 46 Luau dance 47 Historic times 48 Policy expert 50 Notre Dame coach

Solution time: 26 mins.

Last Friday's Answer 09/5



STUMPED? For answers to today's crossword, call 1-800-226-5955! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Kat Graham, 33; Rose McGowan, 49; Michael Keaton, 71; Raquel Welch, 82.

Happy Birthday: Accommodate, and let go of unwanted emotional baggage. Declutter your house and simplify your life. Put your energy where it can do some good. Think with your head, not your heart, and you'll know how to navigate your way through each day with a positive attitude and the ability to put things behind you. Progress is yours. Your numbers are 7, 18, 20, 26, 34, 42, 45.

ARIES (March 21-April 19): Take a moment to rethink your decisions, and consider a practical approach to get what you want. Overreacting will not solve a problem or help you come to terms with something you don't favor. Be realistic, use intelligence and maintain peace. ★★

TAURUS (April 20-May 20): Don't slow down; you are one step ahead, and the time to push forward is now. Put your heart and soul into bringing about change and making a difference in your community. Don't let uncertainty set in when commitment and dedication are mandatory. ★★★★★

GEMINI (May 21-June 20): Think big, act on your own behalf and leave nothing to chance. Recognize what others are doing and offer praise where due, but don't downplay what you have to offer. Trust and believe in your intelligence and ability to provide alternatives. ★★★★★

CANCER (June 21-July 22): Look inward, concentrate on personal growth, update your image and nurture what's important to you. Reach out to someone you love

and respect, and you'll gain insight into how others perceive you. Recognize and use your assets to your advantage. ★★★★★

LEO (July 23-Aug. 22): Take a moment to evaluate what's happening in your life, then consider your options. You have more opportunities than you realize, and with the correct information, you can parlay what you do best into something lucrative. Speak up and follow through. ★★★★★

VIRGO (Aug. 23-Sept. 22): Stop being so hard on yourself. You can only do so much. Revamp your schedule, and delegate jobs you don't have time to do yourself. Focus on your health and well-being. Choose intelligence over a physical confrontation. ★★★★★

LIBRA (Sept. 23-Oct. 22): Avoid emotional conflicts. Size up situations, and look for alternative ways to get what you want. Offering incentives will help ward off hard feelings and, if you pitch in and do your fair share, encourage others to help you reach your objective. ★★

SCORPIO (Oct. 23-Nov. 21): Don't let emotions interfere with what you want to accomplish. Be direct about what's important and needs to be done, and don't skip a beat until you accomplish what you set out to achieve. Avoid impulse purchases or trying to buy love. ★★★★★

SAGITTARIUS (Nov. 22-Dec. 21): Recognize what everyone is doing and find a way to complement the hard work and effectiveness others achieved. Your input will give rise to suggestions that will help you improve your personal and professional life. Physical action will get results. ★★★★★

EUGENIA LAST THE LAST WORD IN ASTROLOGY

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CAPRICORN (Dec. 22-Jan. 19): Choose your words wisely and avoid a feud with a friend, relative or peer. Don't exaggerate; check information others offer before passing it along. A change at home will lift your spirits, improve assets and make loved ones happy. ★★★★★

AQUARIUS (Jan. 20-Feb. 18): Keep your plans to yourself until you iron out all the creases. A foolproof plan will give you the confidence to set high standards and the boost you need to reach your goal without leaning on others. A financial gain looks promising. ★★★★★

PISCES (Feb. 19-March 20): Call those you can count on for help. What someone offers will push you to share more than you should. Be a good listener, but don't give away your secrets or offer something that will give someone a competitive edge. 4 stars

Birthday Baby: You are charismatic, sensitive and persistent. You are opportunistic and generous.

☹: Avoid conflicts; work behind the scenes. ☹☹: You can accomplish, but don't rely on others. ☹☹☹: Focus and you'll reach your goals. ☹☹☹☹: Aim high; start new projects. ☹☹☹☹☹: Nothing can stop you; go for gold.

SUDOKU Conceptis Sudoku By Dave Green

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer

Difficulty Level ★ 9/05

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WONDERWORD By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

GOOGLE ADS Solution: 6 letters

C S E N I L N O E D I V P S S U E H S A L G N I D N A L E N S S R O N C L I C K S C A T O T S G T P E L I B O M R C U I O E A S I P S L B R C L E P T M N D E C F I D A H T A M E U E I M L E A I N C G B S C O N A L R S O L E A M C G P O O N A S S U B T D H Y P A N C L T B S D B E J C A T M A T A R G E T E S U A P P S W E I I L T R P T S E D R I V E O N G O P I I T R S E G A M I L R T N N F R S T L U S E R V T A G S E S C I N S I G H T S V I S I T S S

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Antiques, Basket, Brick, Bright, Bucolic, Carve, Cookbook, Craft, Cutlery, Designs, Dining, Farm, Floor, Granite, Gray, Island, Marble, Meal, Nature, Oak, Olive, Oven, Panels, Pattern, Plaid, Plants, Rustic, Simple, Spacious, Stainless Steel, Stool, Stove, Tablecloth, Theme, Traditional, Utensils, View, Vintage, Walls, Warm, White, Windows

Last Friday's Answer: Shining

The NEW Volume 69 can be purchased online at www.WonderWordBooks.com, or call 1-800-642-6480.

Serena's gone, Open must go on: Kvitova, Pegula set rematch

NEW YORK (AP)—Much like for so many other folks, Serena Williams' last match at the U.S. Open was must-see TV for players still in the tournament, so Jessica Pegula and Petra Kvitova tuned in from their hotel rooms the night before their victories led off Saturday's schedule and set up a fourth-round showdown.

"Of course I watched Serena. I'm like everyone else," said Pegula, a 28-year-old American who is seeded No. 8 at Flushing Meadows and beat qualifier Yuan Yue 6-2, 6-7 (6), 6-0. "You feel kind of sad that's how it ends. But, I don't know, like I got a little, like, sentimental, too, watching her, how emotional she was getting."

Kvitova, a two-time Wimbledon champion from the Czech Republic, credited Williams' last stand — the owner of 23 Grand Slam titles fended off five match points before bowing out in three sets against Ajla Tomljanovic on Friday night in what is expected to be her final contest — with offering inspiration.

"It was very special. She didn't want to leave the court, for sure. That was the same case with me today, actually. I didn't want to go out of this tournament, so I was just there hanging (in), somehow," said Kvitova, who erased deficit after deficit, including a pair of match points, to edge Garbiñe Muguruza 5-7, 6-3, 7-6 (12-10).

"That's what Serena showed last night," said Kvi-



Petra Kvitova, of the Czech Republic, reacts after defeating Garbine Muguruza, of Spain, during the third round of the U.S. Open tennis championships, Saturday, Sept. 3, 2022, in New York.

tova, who dropped her racket and covered her face with her hands when what she called a "nightmare" of a tiebreaker was over. "It was nice to see her yesterday, fighting until the end."

Yes, Williams is gone, leaving the year's last major tournament — and, in some ways, the sport as a whole — without its biggest star and storyline. Still, the show must go on.

So there was Kvitova, undaunted as ever, despite dropping the first set, despite trailing 5-2 in the third, despite being a point from defeat twice at 6-5.

Here's how close this one

was: Kvitova won 109 total points, Muguruza 108.

"Left everything on the court today," said No. 9 Muguruza, a two-time Slam winner whose departure means the bracket is without six of the top 10 women entering the fourth round.

No. 1 Iga Swiatek advanced by beating Lauren Davis 6-3, 6-4, and No. 6 Aryna Sabalenka defeated Clara Burel 6-0, 6-2.

During the night session in Ashe, 22-time major champ Rafael Nadal improved his career mark against Richard Gasquet to 18-0 with a 6-0, 6-1, 7-5 victory. Nadal won the opening nine games and was on his way to improving to 22-0 in Grand Slam matches in 2022.

Nadal did not have stitches or a bandage on his nose, two days after accidentally cutting it with his racket during his previous victory.

"A little bit bigger than usual, but it's OK," he said with a smile. "The nose is still there."

Nadal's win was followed by Australian Open runner-up Danielle Collins' 6-4, 7-6 (11-9) win over Alizé Cornet.

On Monday, Nadal will take on No. 22 Frances Tiafoe, the first American man since Mardy Fish in 2010-12 to get to the U.S. Open's fourth round in three consecutive years. Tiafoe eliminated No. 14 Diego Schwartzman 7-6 (7), 6-4, 6-4.

It was going to be tough for any of the day's matches to live up to the sort of attention Williams drew, or the atmosphere she helped cre-

ate, during her three-match run in Ashe.

"I just can't believe the 'era of Serena' on the tennis court is over," Pegula said. "I mean, it's just hard to picture tennis without her."

In other action Saturday, two-time Australian Open champion Viktoria Azarenka was a 6-3, 6-0 winner against Petra Martić; two-time major runner-up Karolina Pliskova beat Tokyo Olympics gold medalist Belinda Bencic 5-7, 6-4, 6-3; No. 3 Carlos Alcaraz, a 19-year-old Spaniard, defeated unseeded Jenson Brooksby, a 21-year-old Californian, 6-3, 6-3, 6-3; No. 7 Cam Norrie beat No. 28 Holger Rune 7-5, 6-4, 6-1 in the men's draw; No. 9 Andrey Rublev got past No. 19 Denis Shapovalov 6-4, 2-6, 7-6 (3), 6-4, 7-6 (10-7); No. 11 Jannik Sinner beat Brandon Nakashima 3-6, 6-4, 6-1, 6-1; and 2014 U.S. Open champion Marin Cilic beat No. 20 Dan Evans 7-6 (11), 6-7 (3), 6-2, 7-5. Upcoming matchups include Azarenka vs. Bencic; Alcaraz vs. Cilic, and Norrie vs. Rublev.

As for Kvitova-Muguruza, Rublev-Shapovalov required the new final-set tiebreaker format to determine the winner. The four Grand Slam tournaments agreed to adopt a uniform system this year, with the third sets of women's matches and fifth sets of men's decided by a first-to-10, win-by-two formula; the U.S. Open used to have the more traditional first-to-seven setup.

Pegula's domination of her last set made that sort of thing entirely unnecessary. She had wasted a chance to close out the victory a half-hour earlier when she wasn't able to convert her match point, but quickly regrouped.

Pegula started her Grand Slam career by going 3-8. She's gone 22-7 since, including runs to quarterfinals at the Australian Open each of the past two years and the French Open this year.

The 28-year-old American, whose parents own the NFL's Buffalo Bills and NHL's Buffalo Sabres, came into Saturday with an 0-2 record in third-round matches at Flushing Meadows, including a loss to Kvitova in 2020.

Pegula gets another shot at her Monday.

"Petra is so hard to play. I feel like when she's on, she blows you off the court. And then sometimes she can be off. ... She's a fighter. When it clicks, it's really difficult," Pegula said, then was sure to add: "I think I'm a much better player now than I was when I played her last time."

Cavaliers add All-Star Mitchell, jump into East title hunt

CLEVELAND (AP)—With one bold, unexpected move, the Cleveland Cavaliers raised their profile in the Eastern Conference considerably.

They're back in the title hunt.

The Cavs made official Saturday their acquisition of three-time All-Star guard Donovan Mitchell in a trade with Utah, and can start figuring out ways to best integrate his talents into their young core.

Considered outsiders to land the dynamic player for much of this offseason, the Cavs swooped in and put together a package that the Jazz, which had offers from several other teams, couldn't resist.

Cleveland sent guard Collin Sexton, forward Lauri Markkanen and rookie guard Ochai Agbaji to Utah along with unprotected

first-round draft picks in 2025, 2027 and 2029. The teams will also swap their first-round drafting rights in 2026 and 2028.

Sexton, who was a restricted free agent, signed a four-year, \$72 million deal as part of the package, his agent Rich Paul of Klutch Sports told the Associated Press on Thursday.

In adding Mitchell, the Cavs have, at the very least, entered the conversation to contend in the overloaded East, where Boston, Brooklyn, Miami, Milwaukee and Philadelphia are all considered championship-worthy.

"The acquisition of Donovan Mitchell presented us with an incredible opportunity to bring one of the NBA's most dynamic young All-Stars to Cleveland," said Koby Altman, the Cavaliers' president of basketball operations. "Already a special and proven

talent at just 25-years-old, Donovan brings a competitive mentality that organically fits with the core group of this team.

"We are excited to see the impact that someone of Donovan's caliber can bring to the Cavaliers with his ability to score the basketball, but also make plays for his teammates."

For Utah, the massive roster teardown continues. The Mitchell trade is the second major one this summer. Utah also dealt All-Star center and defensive force Rudy Gobert to Minnesota in July for a slew of draft picks.

It wasn't long ago that the Mitchell-Gobert tandem made the Jazz a team to fear in the Western Conference. Now, Utah is starting over with a new coach and at least 13 first-round picks over the next seven years.

In Cleveland, which had a 22-win team two years

ago, the rebuild is complete for a franchise that got accustomed to winning when LeBron James was around. Mitchell may have been the missing piece.

The 25-year-old gives Cleveland the type of megastar it takes to win it all. A fearless driver, explosive scorer and creator, Mitchell is a give-me-the-ball-in-crunch-time player who raises his game and his teammates' game.

He also could be the elder statesman in a projected starting lineup with All-Star point guard Darius Garland (22 years old), All-Star center Jarrett Allen (24), forward Evan Mobley (21) and Isaac Okoro (21).

While the Cavs improved their win total by 22 games last season and qualified for the play-in game, their major deficiency was not having someone who could get consistently score and a

stagnating offense.

The Cavs tried to address the situation by trading for small forward Caris LeVert at the deadline in February. However, he was slowed by injury and struggled to fit in to coach J.B. Bickerstaff's system.

Mitchell has averaged 23.9 points in his five pro seasons and will play alongside Garland, who improved across the board in his third year. It's a smaller backcourt — both Mitchell and Garland are listed at 6-foot-1 — so there could be some defensive issues, but with Allen and Mobley on patrol, the Cavs do have proven rim protection.

Cleveland hasn't made the playoffs since James left for a second time in 2018, ending the Cavs' four-year run to the Finals. They've been patient in putting things in place to take another shot at a title.

Rays beat Yankees 9-0, now 5 games back in AL East



ST. PETERSBURG, Fla.
(AP)—Jeffrey

Springs pitched neatly into the sixth inning, Christian Bethancourt hit a seventh-inning two-run homer, and the Tampa Bay Rays moved within five games of the AL East-leading New York Yankees with a 9-0 victory on Friday night.

Springs (7-4) gave up four hits and three walks, along with seven strikeouts in 5 2/3 innings. JT Chargois, Colin Poche, Jason Adam and Calvin Faucher completed the five-hitter.

Tampa Bay has limited the Yankees to 42 runs (32 earned) in 14 games.

Bethancourt made it 3-0 on his homer off Domingo Germán (2-3), who allowed three runs — two earned — and six hits over 6 2/3 innings.

Yu Chang had a two-run infield single and Manuel Margot drove in two with a single during a six-run eighth against Greg Weissert and Anthony Banda.

New York has lost five of six, while the Rays have won four in a row to move a season-high 16 games over .500.

Reds 3, Rockies 2

In Cincinnati, Jonathan India drove in Spencer Steer from third base with a game-ending chopper against Colorado's five-man infield to lead Cincinnati to the win.

Steer, who hit his first career home run in the fifth in his major league debut, led off the ninth with a double against Alex Colomé (2-7) and went to third on a one-out wild pitch. Jake Fraley was intentionally walked and took second on defensive indifference.

White Sox 4, Twins 3

In Chicago, Jose Abreu drove in the winning run with a fielder's choice grounder in the ninth inning after Minnesota closer Jorge López hit Andrew Vaughn to ignite a heated confrontation.

The White Sox loaded the bases when Lopez hit Vaughn almost in the face. That led to the bullpens and benches emptying. Lopez (4-7) then appeared to hit Abreu with the next pitch, setting off a celebration by the White Sox. The ball apparently grazed the bat and the call was overturned. Chicago won it two pitches later when Abreu sent a grounder toward second and Gonzalez scored as the Twins were unable to complete the double play.

Rookie Davis Martin threw three-hit ball over five scoreless innings in relief. Yasmani Grandal hit a tying home run in the eighth against Caleb Thielbar after Minnesota



Tampa Bay Rays' Yu Chang watches his two-run single against the New York Yankees during the eighth inning a baseball game Friday, Sept. 2, 2022, in St. Petersburg, Fla.

scored in the top half to take a 3-2 lead, and Liam Hendriks (3-3) pitched around a single in the ninth.

Cardinals 8, Cubs 0

In St. Louis, Jordan Montgomery pitched shutout ball into the seventh inning to remain unbeaten with St. Louis, and Lars Nootbaar and Tommy Edman homered.

The NL Central-leading Cardinals have won five of six. Chicago has lost five of six.

Montgomery (8-3) scattered seven hits, striking out four and walking two to improve to 5-0 with a 1.47 ERA since being acquired from the New York Yankees on Aug. 2. He gave up two hits to lead off the seventh before reliever Jordan Hicks struck out pinch-hitter Zach McKinstry, Nick Madrigal and Seiya Suzuki.

The Cardinals got late-inning homers from Nootbaar and Edman to break open what had been a close 3-0 game. Nootbaar's 11th home run and Edman's 12th came off Cubs reliever Sean Newcomb.

The Cubs went 0 for 9 with runners in scoring position.

Blue Jays 4, Pirates 0

In Pittsburgh, Alek Manoah pitched shutout ball into the eighth inning and Bo Bichette homered to lead Toronto.

Manoah (13-7) allowed five hits and struck out six in 7 1/3 innings, retiring 15 of the final 18 batters he faced. The right-hander went at least seven innings without allowing a run for the first time since last Sept. 13, when he made it through eight innings.

The Blue Jays have won 10 of 15 and maintained their 1 1/2-game edge over the Baltimore Orioles in the race for the third and final wild-card

spot in the American League.

Toronto scored a pair of runs with three straight hits off of Tyler Beede (1-5) to start the fourth inning. Matt Chapman led off with a double down the left-field line, Cavan Biggio followed with an infield single and Santiago Espinal drove both in with a double to left.

Tigers 5, Royals 4

In Detroit, Ryan Kreidler scored twice in his major league debut, including the go-ahead run on pinch-hitter Harold Castro's seventh-inning single, and Detroit edged Kansas City.

Kreidler, promoted from Triple-A Toledo on Thursday, drew two walks. Javier Baez hit a two-run homer and Willi Castro had three hits, including a solo homer. Detroit snapped a three-game losing streak.

Andrew Chafin (1-2) got the win with 1 1/3 innings of scoreless relief. Gregory Soto struck out the side in the ninth for his 24th save.

Michael A. Taylor hit a two-run homer for the Royals, who have dropped three straight. Carlos Hernandez (0-4) took the loss.

Diamondbacks 2, Brewers 1

In Phoenix, Emmanuel Rivera had three hits, Jake McCarthy added the go-ahead RBI single and Arizona won for the seventh time in eight games.

Rivera had an RBI double in the fifth and added two singles. The 26-year-old has been a consistent contributor in the middle of the D-backs' order since he was acquired from the Royals at the trade deadline.

The Brewers took a 1-0 lead in the fifth when Andrew McCutchen walked with the bases loaded, forcing home

Willy Adames. Arizona tied it in the bottom of the inning on back-to-back doubles by Christian Walker and Rivera. McCarthy brought Rivera home with a single to give Arizona a 2-1 advantage.

Astros 4, Angels 2

In Anaheim, Calif., Lance McCullers Jr. continued to impress in his return from a forearm flexor strain, pitching into the sixth inning as Houston beat Los Angeles.

In just his fourth start this season, McCullers (2-1) gave up two runs and six hits in 5 2/3 innings with four walks and seven strikeouts. Rafael Montero pitched the ninth for his 11th save.

Jeremy Pena had an RBI double as the Astros won for the eighth time in their last 10 games and maintained their 11-game lead on the Seattle Mariners in the AL West.

Mike Trout and David Fletcher each had two hits for the Angels, who dropped the opener of a three-game series against their division rivals after winning consecutive series against the Toronto Blue Jays and New York Yankees. Angels MVP candidate Shohei Ohtani went 1 for 4 with a walk.

Orioles 5, Athletics 2

In Baltimore, Gunnar Henderson doubled twice in his home debut, Jorge Mateo had a two-run single in a three-run eighth inning, and Baltimore beat Oakland.

Another highly touted rookie, Adley Rutschman, put the Orioles in front with a bases-loaded walk as a pinch-hitter in the eighth.

Dean Kremer pitched six solid innings for Baltimore, which improved to 70-61, reaching nine games over .500 for the first time since May 20,

2017. The Orioles entered the day 1 1/2 games out of an AL wild-card spot.

Anthony Santander walked leading off the eighth and Ryan Mountcastle beat out a ground ball off Domingo Acevedo (3-3).

Mets 7, Nationals 3

In New York, Pete Alonso hit a tiebreaking homer leading off the sixth inning to lead New York.

Alonso's high drive to left field off Josiah Gray made it 4-3 and kicked off a four-run inning. He has 32 homers and his 106 RBIs are 18 short of the team record shared by Mike Piazza in 1999 and David Wright in 2006. The NL East-leading Mets have 30 games left for Alonso to make a run at the mark.

Eduardo Escobar hit his first homer since July 26 and drove in three runs for New York.

Mychal Givens (7-3), who entered with an 8.03 ERA in his first 13 appearances for the Mets, recorded five outs in relief of starter David Peterson. Givens stranded a runner at third in the sixth and worked around a two-out walk in the seventh.

Mariners 6, Guardians 1

In Cleveland, Cal Raleigh homered twice, Luis Castillo pitched six solid innings and Seattle won its fifth straight.

Raleigh hit a solo homer in the second inning off rookie Cody Morris (0-1) and connected for a three-run shot in the sixth as the Mariners kept pace in the crowded AL wild-card chase. Seattle has won seven of eight and 12 of 16.

Castillo (6-5) didn't allow a run on five hits in six innings. The right-hander extended Cleveland's scoreless streak to 27 innings — the club's longest since a 28-inning scoring dry spell in 1991 — before the Guardians pushed across a run in the seventh off reliever Diego Castillo.

Cleveland, which has dropped four of five, came in clinging to a one-game lead over second-place Minnesota in the AL Central.

Padres 7, Dodgers 1

In Los Angeles, Yu Darvish combined with two relievers on a four-hitter, Manny Machado and Brandon Drury hit two-run homers in the third inning, and San Diego beat Los Angeles.

Jurickson Profar added a three-run blast with two outs in the sixth off reliever Heath Hembree in the second-place Padres' fourth straight victory.

The NL West leaders dropped their third in a row for the first time since mid-June. The high-scoring Dodgers

managed just six baserunners through eight innings.

Darvish (12-7) struck out nine to reach 3,003 in his professional career. He had 1,250 in Japan's Nippon Professional Baseball and has 1,753 in Major League Baseball since coming to the U.S. in 2012. The right-hander walked two in seven innings.

Braves 8, Marlins 1

In Atlanta, Travis d'Arnaud and Vaughn Grissom homered off Sandy Alcantara in a four-run fourth inning, Michael Harris II homered in the sixth and Atlanta won its third straight.

Austin Riley hit his 34th homer in the seventh and d'Arnaud followed with his second of the night and 16th of the season. The Braves tied a tying a season-high with five long balls and have an NL-best 201 for the year.

Atlanta, three games behind the New York Mets in the NL East, matched its season high at 31 games over .500 (82-51).

Alcantara (12-7) was charged with six runs and seven hits in five-plus innings as the Marlins lost their fifth straight.

Red Sox 9, Rangers 1

In Boston, Connor Wong hit his first major league homer, Kiké Hernández doubled twice and Boston overcame an early injury to starting pitcher Nick Pivetta to hand Texas its season-worst sixth straight loss.

Pivetta exited with a bruised left calf after getting hit by Leody Taveras' comebacker in the third. Pivetta threw out Taveras at first base to end the inning, but hobbled off the field. Tyler Danish (3-1) came on and pitched a scoreless inning.

Texas starter Dallas Keuchel took the loss, going 4 2/3 innings and matching a season high by allowing seven earned runs. In two starts since joining the Rangers as a free agent on July 26, Keuchel has given up a combined 14 earned runs over 10 innings on 18 hits.

Giants 13, Phillies 1

In San Francisco, Joc Pederson homered and drove in five runs, Alex Cobb struck out seven in seven scoreless innings and San Francisco routed Philadelphia.

Evan Longoria and Andrew Knapp each added two RBIs for San Francisco, which snapped a seven-game losing streak. Wilmer Flores, Brandon Crawford and Thairo Estrada also drove in runs.

Cobb (5-6) allowed just three hits and a walk in earning his first career win against Philadelphia, which has lost four of five.

Cash sponsors of HANMI golf tourney recognized

HANMI With less than two weeks until tournament date on Sept. 17, 2022, the Hotel Association of the Northern Mariana Islands is expressing thanks to all its cash donors to date for the 20th Annual HANMI Charity Classic Golf Tournament.

“Despite the financial challenges many companies are facing, we are extremely grateful for all the support given by our sponsors for this year’s tournament, both cash and in-kind donations that are still being received,” said HANMI chair Ivan Quichocho. “We are optimistic about the continued gradual recovery of the Marianas tourism economy, and we are excited to be able to support Northern Marianas Technical Institute this year with a portion of our proceeds. NMTEch is an important partner for us all in the development of a skilled local workforce.”

Presidential Suite Sponsor of this year’s tournament is Marianas Visitors Authority. Deluxe Sponsors are Tinian Mayor’s Office, Marianas Southern Airways, Paradiso Resort & Spa, and PHI Pharmacy. Superior Sponsors are Marianas Health Services, Pacific Eco Laundry, Saipan World Resort, Hyatt Regency Saipan, Bridge Capital LLC,



Marianas Southern Airways is a Deluxe Sponsor for the 20th Annual HANMI Charity Classic Golf Tournament. From left, Marianas Southern Airways vice president of CNMI & Guam William Gilles donates \$1,000 on Aug. 31, 2022, at Paradiso Resort & Spa in Koblerville, tournament committee member Tony Satur, tournament committee chair Juko Ishikawa, Paradiso Resort & Spa general anager Baek Kyung Gilles, and tournament committee member Max Concepcion.

IP&E Shell Marianas, TakeCare Insurance, and DOCOMO Pacific. VIP Sponsors are Wushin Corp., Pacific Islands Club Saipan, GrandVrio Resort Saipan, Chong’s Corp., Japan Saipan Travel Association, 99 Cents Market, JC Tenorio Ent. and Dial Rent-to-

Own. Additional cash sponsors are Century Hotel, Chung Nam Corp., Korean Community of Saipan, Sunshine Laundry Service, Niizeki International, Stayhill Resort Saipan, Sky Tour, Hana Tour, Mode Tour, Yes Tour, Good Tour, Sasamo Tour, and Oleai

Beach Club. The tournament will be held at Laolao Bay Golf & Resort. Up for grabs as hole-in-one prizes are a 2022 Toyota Tacoma TRD Sport from Atkins Kroll (Saipan), a 2022 Hyundai Kona from Triple J Motors, a 2022 Nissan Kicks



IP&E Commercial Fuel Accounts manager Ron Benavente, second, right, donates \$750 on Aug. 31, 2022, at the company office in Lower Base, Saipan, as a Superior Sponsor for the 20th Annual HANMI Charity Classic Golf Tournament. From left, tournament committee member Tony Satur, tournament committee chair Juko Ishikawa, Benavente, and tournament committee member Max Concepcion.

from Joeten Motors, \$20,000 cash from Bank of Saipan, and \$5,000 from Pacifica Insurance Underwriters, Inc. Additional prizes await winners of optional play contest and the awards luncheon raffle after the tournament at the resort.

Registration is \$140 and for an additional \$30 players may also compete for optional play prizes, including longest drive (male and female), ac-

curate drive, aggressive drive, and four chances for nearest to the pin. Showtime on tournament day is 6am and the tournament will start at 7am. The awards luncheon will immediately follow the tournament at the resort.

For more information, contact tournament chair Juko Ishikawa at worldresort@pti-com.com or visit www.facebook.com/HANMI670. (PR)

TRIBUNE SPORTS SCORES

MLB STANDINGS

AMERICAN LEAGUE East Division				
	W	L	Pct	GB
New York	79	54	.594	
Tampa Bay	74	57	.565	4
Toronto	72	59	.550	6
Baltimore	71	61	.538	7½
Boston	66	68	.493	13½
Central Division				
Cleveland	68	63	.519	
Minnesota	67	64	.511	1
Chicago	67	66	.504	2
Kansas City	54	80	.403	15½
Detroit	51	82	.383	18
West Division				
Houston	85	48	.639	
Seattle	75	58	.564	10
Texas	58	74	.439	26½
Los Angeles	58	75	.436	27
Oakland	49	85	.366	36½
NATIONAL LEAGUE East Division				
New York	85	49	.634	
Atlanta	83	51	.619	2
Philadelphia	73	60	.549	11½
Miami	55	77	.417	29
Washington	46	87	.346	38½
Central Division				
St. Louis	78	55	.586	
Milwaukee	70	62	.530	7½
Chicago	56	77	.421	22
Cincinnati	52	78	.400	24½
Pittsburgh	49	83	.371	28½
West Division				
Los Angeles	91	41	.689	
San Diego	74	60	.552	18
San Francisco	63	68	.481	27½
Arizona	63	69	.477	28
Colorado	56	77	.421	35½

BY THE ASSOCIATED PRESS

BROOK

From Page 20

but we made it through. And yeah, it’s just fun being out here with friends and seeing the community come out to support...”

As for winning first place, Brook said she felt “pretty good... It felt good today... I was nervous because I haven’t been training as much as I did leading up to the Mini Games, but it felt good to just come out and do

it and just race for fun.”

Brook was followed by fellow Northern Marianas Pacific Mini Games 2022 veteran Robyn Spaeth at 1:25:11 with Denise Myers, who won silver in the steeplechase of the same Mini Games, completing the Top 3 in 1:25:54.

In the men’s category, Dizon came in first with a time of 1:29:42, followed by triathlon bronze medalist Leo Wania at 1:31:18, and Chong Nam Lee at 1:45:51.

Dizon told *Saipan Tribune* after the race that the “weath-

er [was] perfect... I didn’t catch the rain earlier because I was still far back on the run. But it’s a good workout for the weekend. This was unprecedented—it just popped up in the link that there’s a triathlon so I decided to do my workout.”

He was “happy” about his first place win but he said at the same time that his body was “hurting” because he only had one week to train from the time he heard about the triathlon.

Dizon then thanked Tan

NMIFA

From Page 20

Attao Toves, Taka Hoimoto Borja, Anthony John Nicolas Bergancia, Ruben Antonio Cabrera Guerrero, Anthony Jampadai Austria, Ariel Jacobus Narvaez Jr., Brandon Tyler Limes Tenorio, Leland Isaiah Camacho Deleon Guerrero, Cody Soriano Shimizu, Jonne Alvey Navarro, Daniell Mar Pablo, Merrick Vicente Attao Toves, Vicente Jose Babauta Reyes, Jason Senobio Quimzon, Richard Ramon Steele, Rintaro Miyawaki, Kohtaro Sangel Goto, and Dev Ashok Bachani.

They will be joined by Michiteru Mita, head coach; Mae Angelie Ito, team manager; Chi Ming Tang, assistant coach; Jireh Kuartei Yobech, technical analyst;

Hazel Leoncio Mabasa, team doctor; Christopher Dela Rosa Aninzo, assistant manager; and Davy Joshua Laxa, kit manager.

In attendance during the send-off were Northern Marianas Islands Football Association president Jerry Tan, NMIFA Executive Committee member Catherine Attao Toves, and family and friends of the team.

Tan gave a speech in the beginning of the ceremony and said among many things, that the “program really other than allow our kids to compete and be better players and hopefully go on to play college and professional one day is really the opportunity to travel to many, many different countries...this is really something that we’re very happy for our players, and the coaches that have the opportunity to not only compete, but to actually

travel to new [countries] that most of us probably would never have a chance to visit in our lifetime. But they can do it at the age of 16, 17, 18... Do your best. You’re fighting for the flag. You’re representing CNMI. And I know it’s a contact sport. But please always observe the good sportsmanship on the pitch. Good luck to all of you, and enjoy the journey.”

He then thanked the parents in attendance and said thank you so much for your support. I know most of them are not new players. They came out from our grassroots when they were eight or 10 years old. Because of you, that’s why they’re able to be today.”

Mita and Attao-Toves, who has two sons on the team, also said a few heartfelt words toward the athletes, parents, and people in attendance.

TEAM

From Page 20

tion, Renren Gaviola in the biking split, and Sildrey Veloria in the running portion.

Third place at 1:20:57 was team Lions & Hot Chick, and its members were Julia Aleksenko for swimming, Willy Barbo on the bike, and J.R. Barrios on the run.

The course started with a 750m swim from Paupau Beach, which transitioned to a 20K bike race from Paupau to the dumping area in Marpi then back, and finally, a 5K run from Paupau to FEBTC, just past the former Kan Pacific Swimming Pool and back.

After their first place win, Team JFK members were gathered together for an interview and by the looks on their faces, they were tired, but happy and Remillosa, a veteran biker, said just that.

“I’m happy for my team... for an event like this, it’s my

first first place win.” Remillosa won third place in the first Tan Holdings’ celebration last week which was the bike race. Chavez, a student at Saipan International School, said that the event was “a good one.” She said the water “felt good... [the current] wasn’t that strong today so it was an easier swim... I just swam and did my part.”

Shimizu, a student from Marianas High School, said that he was “excited to see the people here cheering me, so I had to try my best.” Shimizu said that he plays soccer and tennis and that he only runs “for events. If there’s an event I just try to join everything.

He then thanked his “family and the Chavez family since they invited me to this event and made me their runner.”

After the team and individual triathlon, the kids had their fun with their own triathlon as well, which will come out in tomorrow’s issue of *Saipan Tribune*.



Serena's gone,
Open must go on:
Kvitova, Pegula set
rematch
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Saipan Tribune Sports

Cash sponsors of
HANMI golf
tourney
recognized
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20 MONDAY, SEPTEMBER 5, 2022

SAIPAN TRIBUNE

Brook, Dizon top sprint triathlon

By LEIGH GASES
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CORRESPONDENT

The conditions were near perfect besides a drizzle of rain toward the end of the course on an early Saturday morning when the second event of the 50th Anniversary of Tan Holdings, the sprint triathlon was held, with bronze-medal winning triathlete Heather Brook and Nap Dizon conquering the course.

Brook, a Commonwealth Health Center pediatric nurse practitioner in the Children's Clinic, finished the triathlon's women's individual category in 1:21:52.

She told *Saipan Tribune* after catching her breath from the laborious early morning triathlon that during the swim portion, "the waters were a bit low so you had to kind of make sure you weren't doing a full stroke at times, otherwise you could hit a little coral but the waters

were nice and clear and calm today. I swam with Robin Spaeth and Shawna Brennfleck, So we had a nice little swim team going..."

During the bike and run portion, she said they "had a nice bit of cloud cover, so that was good. The roads were dry right 'til the very end. We got a little sprinkle but it was fun. There were some good water stations out there cheering for us and then the run got a bit hot

See BROOK on Page 19



JONATHAN IBAJAN/ LEIGH GASES

Heather Brook, right, happily crosses the finish line, while Nap Dizon starts his run during the sprint triathlon last Saturday at Paupau Beach in celebration of Tan Holdings' 50th Anniversary.

Team JFK wins relay race



LEIGH GASES

Cody Shimizu crosses the finish line which gave Team JFK first place in the sprint triathlon relay last Saturday at Paupau Beach for the 50th Anniversary celebration of Tan Holdings.

By LEIGH GASES
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CORRESPONDENT

In the team relay category of the Tan Holdings 50th Anniversary sprint triathlon celebration last Saturday at Paupau Beach, Team JFK came out and dominated the course.

Team JFK consisted of Kaithlyn Chavez as the swimmer in the swim por-

tion, Fred Remillosa as the biker in the bike split, and Cody Shimizu as the runner in the running portion with their team coming in at 1:12:25.

The second team to come in was 99 Problems But Winning Ain't One with a time of 1:20:37. The team was made up of Natalia Gvan in the swimming por-

See TEAM on Page 19

NMIFA holds send-off ceremony for NMI U20 team

By LEIGH GASES
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CORRESPONDENT



The NMI U20 Men's National Soccer Team was sent off with good luck and well wishes last Friday at the Koblerville Soccer Field for their trip to the Middle East in Amman, Jordan.

The team will compete in the Asian Football Confederation U20 Asian Cup Qualifiers from Sept. 10, 2022 to Sept. 18, 2022. The team will fly out this Wednesday, Sept. 7.

There are 10 groups in the qualifiers and the top finisher in each group and five best runners-up will advance to the AFC Asian Cup to be hosted by Uzbekistan in March 2023.

The team will have four matches and the first team they will go up against is Turkmenistan on Saturday,

Sept. 10. They will then square off against Syria on Monday, Sept. 12, before taking on home team Jordan on Wednesday, Sept. 14. The

NMI concludes their campaign against Chinese Taipei on Friday, Sept. 16.

The team consists of 23 players, namely Leo Taka-

hashi, Reginald Aljo Pascual, Akira Kadokura, Jerald Araquel Aquino, Brian Mallari Lubao, Markus Joaquin

See NMIFA on Page 19



LEIGH GASES

The NMI U20 Men's National Soccer Team poses for a group photo during their sendoff ceremony last Friday at the NMI Soccer Training Center before their trip to Amman, Jordan for the Asian Football Confederation U20 Asian Cup Qualifiers.